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The alternative medicine journal

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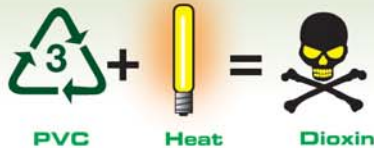
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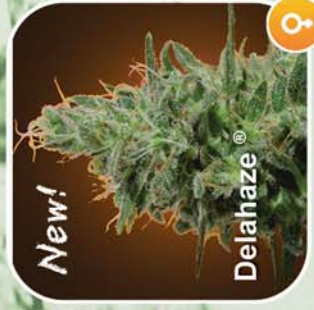
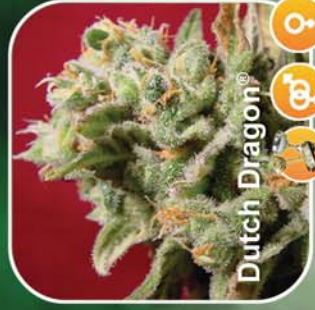
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Marco's Editorial



I can't believe it, Treating Yourself has now been in print for three years and it all started with TY # 1 which contained 26 pages and look at us today; three years later and we have grown to 196 pages of quality content. Over the past three years, we have gone through some changes in the look because we changed our layout design personnel. I must say that our current layout design person, Ivan, has done a fantastic job starting with TY # 11. This issue TY #13 is his third and he tells me that he should have it perfected with TY #14. All this couldn't have been achieved without the support of our sponsors, advertisers and especially the financial support of my parents. You know I really need to thank my step father David Purvis. David believes so much in me and the magazine that he talked my mother into agreeing to help financially. But! We are now going into year four and I would really like to see the magazine paying its own bills without having to burden my parents. I must thank our current advertisers and sponsors who have already given a commitment to me for 2009, especially with the increases put into place due to our publication going to 6 issues per year as opposed to the 4 issues that we have been producing for the past 3 years. Now let's not forget all of our contributing writers who continue to send in some really interesting articles, recipes, poetry, etc. I must let all of our readers know that producing such a thick magazine filled with quality content costs a small fortune, so I have had to make some changes. I can no longer send out a FREE COPY to patients who are unable to purchase the magazine and I am unable to supply compassion clubs, dispensary's with FREE COPIES. Patients can download each issue of our publication on <http://www.treatingyourself.com/dhtml/issues.php>. Each issue will be put online once the stores take them off the shelves as we still need to sell magazines. Compassion Clubs and Dispensaries can contact me and I would be more than happy to work something out so that their clients can still get our publication. If you are in California and the dispensary that you visit doesn't carry our publication, speak to the person in charge and tell them to order it in for their patients.

In our last issue (TY #12,) we ran an article called GREED WEED and I got some flak from a couple of dispensary owners because I didn't do any fact checking. In this issue I have published the three rebuttal letters that I received from them and I have to admit I didn't check the facts. In my defense, the author came highly recommended and I assumed that I didn't need to. In addition to this, we have a disclaimer that states "*All opinions are those of the writer and do not necessarily reflect those of Treating Yourself.*"! Treating Yourself isn't a HUGE PUBLICATION like Time, People, etc. I am only one person and I really don't have the time or energy to go over each and every article in our publication. Threatening to pull our magazine from their dispensary not only hurts their dispensary, but they also effect you - their clients, who are the med patients. This has been an enormous cost (printing, shipping, and postage) to Treating Yourself, based on compassion. It saddens me to have to change my approach to getting the message out to Med Patients. On the other hand I would like to thank all the compassion clubs and dispensaries that have placed orders for future issues of Treating Yourself. Working together like this to educate and meet the needs of patients is what we are all about. This should not be forgotten. Please remember folks that I too am a sick patient. Over the past three years, readers have written to me about some errors in spelling / grammar and I have done my best to try and get each issue out error free. I am happy to say that we have Andrew Rininsland onboard as our copy editor so I believe that you will see a difference. Please remember we are all VOLUNTEERS - nobody has received a pay cheque here at TY Magazine, but we remain dedicated to trying to help EDUCATE the uninformed.

Take Care and Peace

Marco Renda

Federal Exemptee
Publisher & Editor in Chief
Treating Yourself- The Alternative Medicine Journal

Please send your comments and opinions to
weedmaster@treatingyourself.com



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Ad sizes: • 1/4 page: 95mm x 132mm (wxh) / 3.74in x 5.2in

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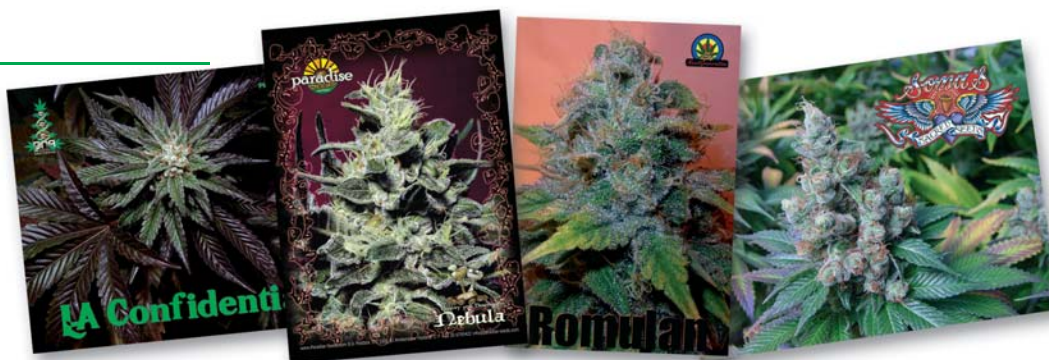
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Greed Weed: An Axe to Grind

By Steve DeAngelo

The August issue of Treating Yourself ran an article by John Rolling Thunder entitled "Greed Weed". The article below questions basis of the facts, and the conclusions of "Greed Weed".

free medicine; and low income patients may receive free medicine by participating in the Work Exchange Program. A full list of all of CWC's free patient services, which range from yoga and massage to lessons in organic gardening, would take up a page of its own.

Why is CWC the only dispensary that is specifically identified in "Greed Weed"? John Rolling Thunder says "most dispensaries are not effective when it comes to the true needs of the real sick and suffering". If that's true, why didn't he provide us some more specific examples? Why the exclusive focus on CWC?

Perhaps it has to do with John's previous history with CWC, which he failed to disclose in the article. At one time, John was a volunteer at CWC. The relationship experienced a series of ups and downs, misunderstandings, mutual disappointments--and some loud and disruptive confrontations on the dispensary premises. Eventually, there was a parting of the ways.

CWC has issued the following statement expressing their surprise and sadness at the turn of events:

"These are the services we provided for Rollingthunder: we took him thousands of dollars of free medicine, we gave him money for his rent, we gave him money for his cat's vet bills, we cleaned his house 20+ times, we repeatedly helped him find new caregivers, and took care of him the many times that he was looking for a new caregiver; we cooked meals for him, we gave him rides to medical appointments, took him out of town to visit his friends, and spent countless hours at his home making sure he took his medications and was well taken care of. We are saddened that Mr. Rollingthunder was disappointed with our services and we wish him luck with finding a dispensary more in line with his needs."

In "Greed Weed: The Birth of the California Medi-Marts", John Rolling Thunder painted California's dispensaries as heartless profiteers ruthlessly preying on the misfortune of their patients. He cites Sacramento's Capitol Wellness Collective (CWC) as the prime (and only) example of this distressing trend, accusing them of purchasing "expensive new cars and homes with the blood money of patients".

There are approximately 500 medical cannabis dispensaries in the state of California. They come in many models and flavors. No doubt, some of them are more interested in making money, than in serving patients and advancing the movement. No doubt, some of them charge excessively high prices, have poor quality control, and do little or nothing to show compassion to patients in need. And no doubt that poor management practices in some dispensaries have resulted in the sale of moldy, mislabeled, overpriced medicine. The thing is—CWC is most emphatically and assuredly NOT one of those dispensaries.

CWC was founded by some of the movement's most dedicated

activists, with the specific purpose of serving patients and raising funds for the cause. They have been extraordinarily successful at achieving these goals. CWC provides what is probably the most comprehensive set of free patient services in the industry; and are also counted among the largest contributors to Americans for Safe Access, and other movement organizations.

"Capitol Wellness Collective has supported Americans for Safe Access and the medical marijuana movement since the collective opened," said Rebecca Saltzman, Chief of Staff for Americans for Safe Access, "Whether there's a response needed to a DEA raid or supporters needed to speak at a government hearing, the staff at Capitol Wellness Collective are always willing to help out."

In fact, it would be difficult to find a better example of a truly patient-and-movement oriented dispensary in the entire state. Contrary to the allegations in the article, CWC's price policy stipulates a maximum price of \$55/eighth—including sales tax. Grams are never more than \$20. Patients on disability are provided

Dear Treating Yourself

We were surprised and saddened to read an article in last issue portraying Capitol Wellness Collective in Sacramento as less than compassionate, and want to let your readers know about C.W.C. and the services we offer to our patients and the community.

The following are some of the services provided to patients at no additional cost: Full time HIV/AIDS Counseling, Yoga, Cooking Classes, Gardening Classes, Life Counselor, Nutrition Class, Fitness Class, Art Therapy, Veteran's Support Group, HIV/AIDS Support Group, Political Sign Making, Qi Gong, Massage, Kung Fu, Clothing Exchanges, Soup Day, Movie Day, Guitar Lessons, Meditation Music, Free Haircuts ,Psychic Healing & Blessing, Organic Cooking Class, Auto Immune Support Group, Cancer Support Group, Bi-polar Support Group, Anorexic/Bulimic Support Group, Music Exchange, Blood Pressure Testing, IBS support group and Piano Lessons. These services are available to patients on a monthly, weekly and daily basis.

CWC has various compassion programs: Love Program for terminally ill patients to receive unlimited medicine at no cost,

Compassion Program for patients on disability to receive medicine at no cost , Work Exchange Program for patients that can not afford medicine, Veterans, Activist, and Senior discounts,

Our compassion programs serve a majority of our patients,We also have a volunteer program that allows patients to receive the joy of service by providing the collective with what they can. Most of our classes are taught by patient volunteers.

Additional resources go to charities in the form of monthly donations such as: Military Care Packages, Bicycle Kitchen donations of bicycles for needy children, Adopt-A-Highway, Food Not Bombs, FAMM (Families against mandatory minimums), Veterans Program, Boys & Girls Club, Canyon School, MPP- Marijuana Policy Project, Mustard Seed School for Homeless Children, Banana's Inc. (Program that helps single parents with children get back into the work force), Child Action (Program that helps single parents with children get back into the work force), Local church, top supporters of Shriner's Hospital for Children. HIV/AIDS Patients Hospice, Toy Drives for Shriner's Hospital for Children, local activists and organizations, and much more.

We proudly support Americans for Safe Access

The Capitol Wellness Collective provides strong advocacy for the medical cannabis movement right here at the Capitol. We organize our patients on a regular basis to go speak at the Capitol during political meetings. Our patients have played an active part in recent legislation being passed through the Senate.

We have sent you a package of over one hundred patient testimonials, stating the benefits from medicinal use of cannabis and the patient's appreciation of the care they receive from C.W.C. and our staff. We have also enclosed our calendar with an average of 180 individual classes or services a month.

We provide all of the services and support stated above because we believe that love is a powerful medicine, and that as the Dali Lama said : Helping others is not limited to providing food, shelter, and so forth but includes relieving the basic causes of suffering and providing the basic causes of happiness.

BE FEARLESS-CHOOSE LOVE

xo CWC

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Mr. Renda,

I was sad and disturbed to read the article about Capitol Wellness Collective (CWC) in Sacramento in your publication. It is such a shame to see one of the finest medical cannabis facilities in the state slandered by a disgruntled member. I am a personal friend of the CWC operator and in my ten years in this industry, I have known her to be one of the most ethical and compassionate of my colleagues. I am not alone in this estimation. CWC is widely regarded as a model facility by those of us working to provide and protect safe access for patients in California.

Targets of an expose like this are typically given an opportunity to respond to allegations like those you printed before the story runs. It is an indictment of your journalistic integrity that no one from your publication attempted to verify facts or obtain a response from CWC before running this article. I was even more shocked to learn that, when challenged on the contents of the article, you claimed that you did not read it before publication! You are responsible for the contents of the magazine you publish, and failing to uphold that responsibility is nothing short of negligent.

There are surely no shortage of questionable, or outright fraudulent, medical cannabis facilities in California. If this is a story you are committed to telling, little effort would be required to research the story, consider bias, and check facts. No reasonable or objective reporter would consider CWC to be a problematic collective. In fact, you have allowed your publication to be used for a tool in a private vendetta, instead of as a vehicle for legitimate reporting.

I realize it may be of little consequence to you, but I have removed Treating Yourself from my the shelf at my collective in protest of the article, and asked several dozen of my colleagues in the Greater Los Angeles Caregivers Alliance to join me in doing the same. I will be glad to revisit this decision, and contact my colleagues again, if you can take some reasonable measure to correct this situation.

Don Duncan

A Note from the Editor

There were at least a few more letters in support of CWC. I did speak with the patient who wrote the article and they still stand by what they wrote and feel that they have stated the truth. In my defence there is NO WAY for me to check on any dispensary in California as I have no clue as to who is a client and who isn't. I have to say though that everyone that I have spoke with after publishing this article has stated that the people running CWC are genuine and it was some of these same people that recommended the author of the article to me. I leave it to you our readers to decide. I'm glad that this sort of thing won't ever happen again as we have hired a Copy Editor to check out all the facts from each article submitted. Our new Copy Editors name is Aendrew.

Take Care and Peace
Marco Renda
Publisher

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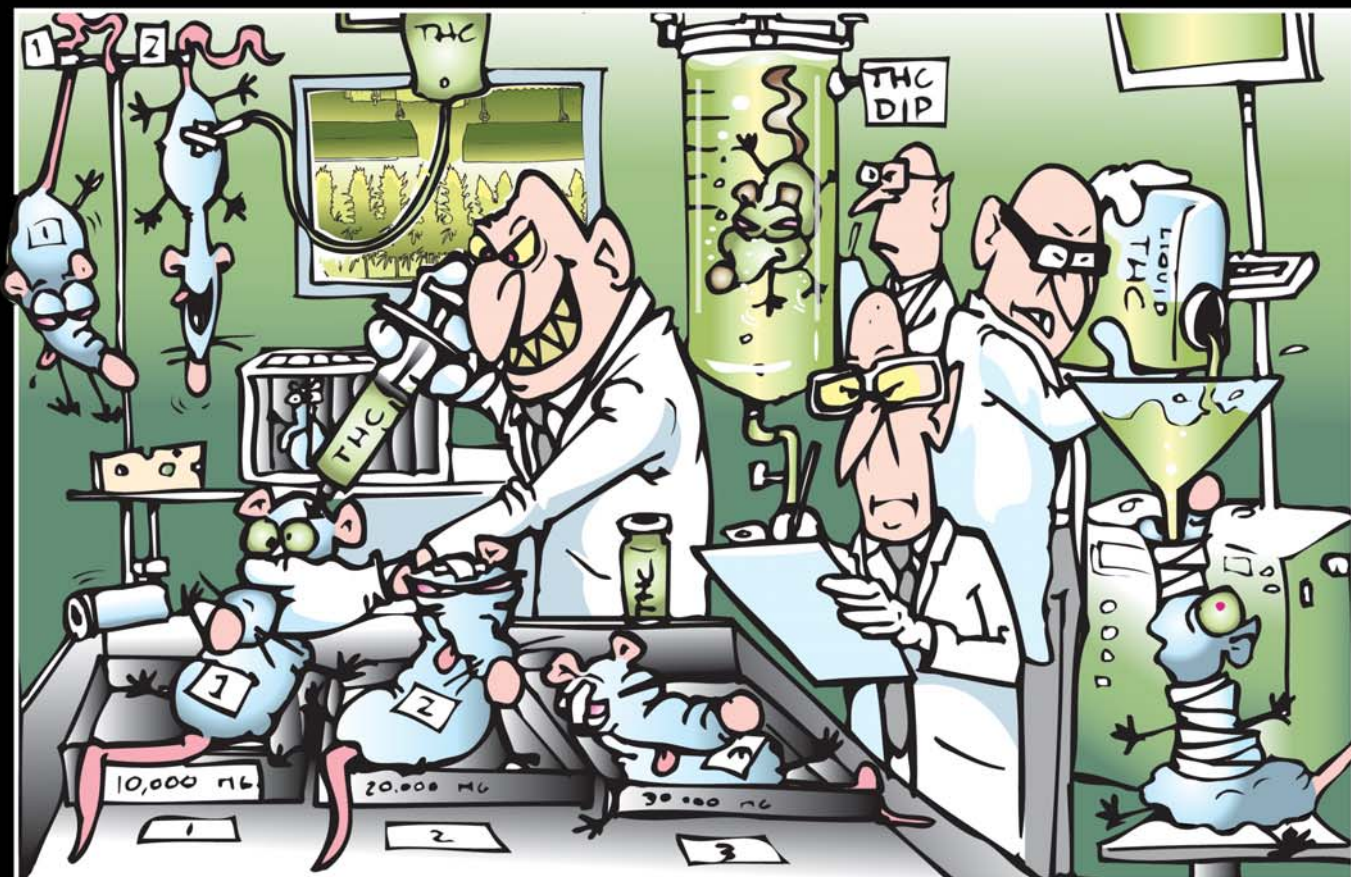
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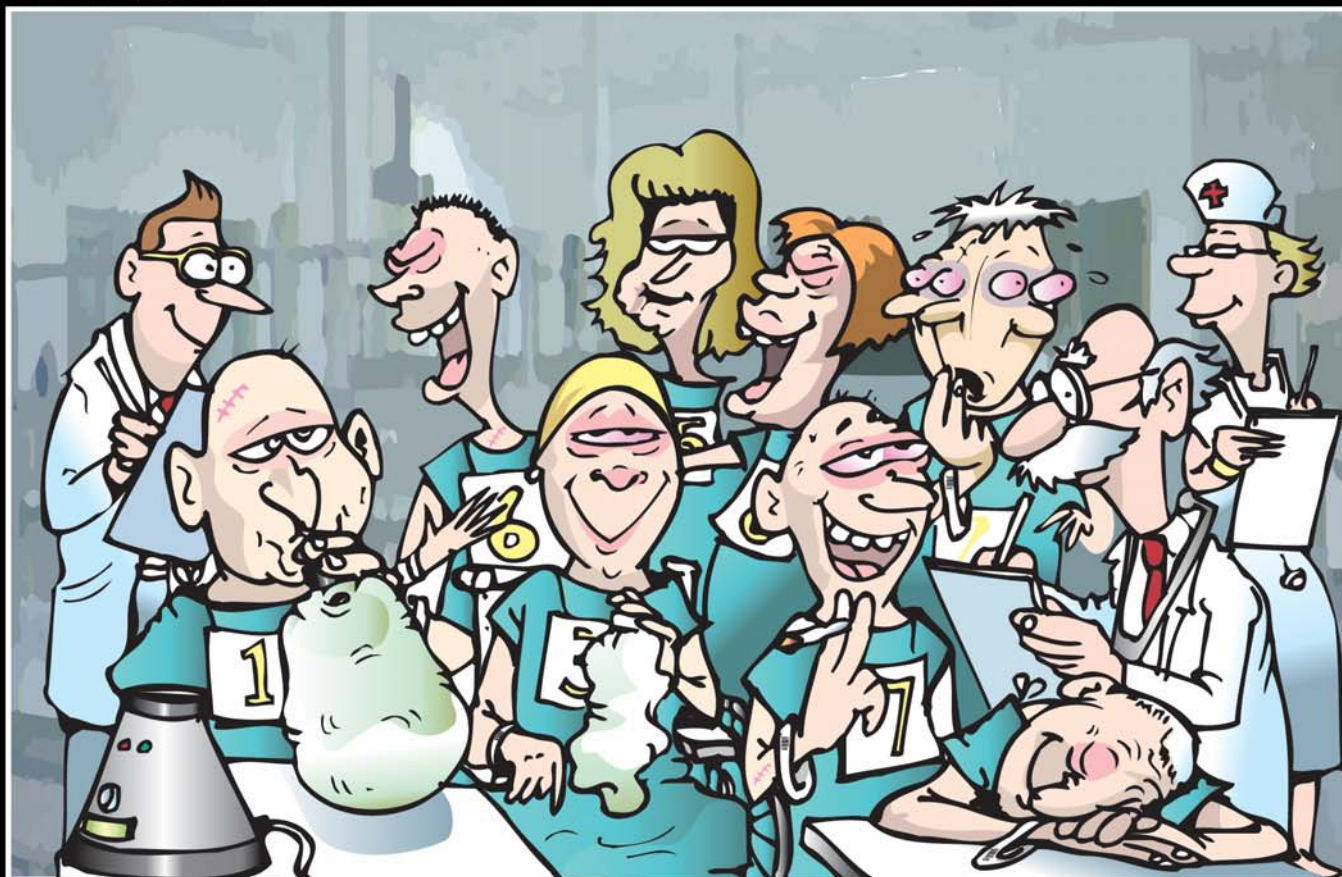
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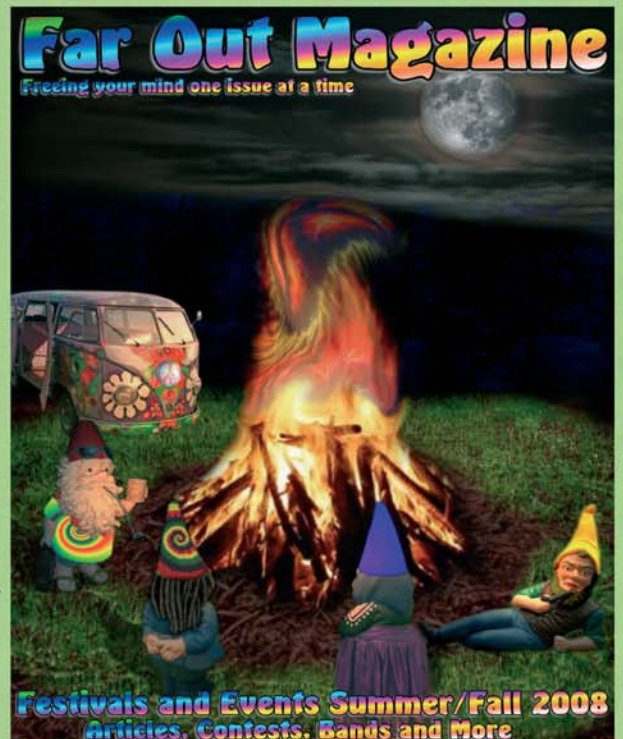
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A Non-Using Teenager's Point of View

I first started writing for Treating Yourself Magazine in October of 2005, the very first issue (not counting the beta copy.) I was just starting Grade 10...new school, new friends, more homework; all that jazz that goes along with moving from middle school to high school.

This wasn't the first magazine work I had done for Marco. I had done some ad work before, but this was different. This was a chance for me to freely express my views, my story of growing up with medicinal patients in my life, my own little space to give my personal opinion.

When it was done and over with, I was left thinking, "There. I have said my blurb. Maybe I'll have impacted someone."

It seems I have impacted at least one person as shortly after that first article, I was asked to have one ready for each subsequent issue.

So here I am today. I have now just recently graduated from high school and will be in university by the time the next issue comes out. Therefore again....a new school, new friends, and I expect tons more homework.

I've learned a lot of stuff from this community over the years. From my fellow members, I've learned many virtues that I can carry on through to my later years in life; patience, forgiveness, gratitude....the list goes on. From Marco, I have learned how too handle a boss and a job, even more patience, and how to type in FULL CAPS TO GET MY POINT ACROSS.

As another one of my articles comes to a close, I look forward to seeing what the TY community will present me with for another year of article writing.

To close this article, I would like to say a special thank you for the support over the past three years: to my parents, whom without, I would have never started writing articles in the first place and would always be late for my due dates. To Uncle Caps, for giving me the chance to write for this wonderful magazine every three months and for giving me a reason to be late with my articles and to the rest of my TY family. To my wonderful boyfriend of two and a half years, without whom I probably would have gone insane a long time ago and to a few special teachers who have been there for me throughout this journey and have supported me despite the tenderness of this subject in schools. And to anyone else who I may have not listed here; you're not forgotten.

Thank you TY for these past 3 years...I look forward to many more with you.

--Krysanida, age 18

If you wish to comment or contact me, you may reach me at : krysanida@treatingyourself.com

Picture is of my Mom and me on Prom Night June 2008...compliments of Matt.

Free Peltier



**We are very happy to officially announce that
a new support organization has been
established for Leonard --**

**Leonard Peltier Defense Offense Committee
(LPDOC), incorporated in the State of North
Dakota. As we make this new beginning, we
hope you will recommit to the struggle and
continue to walk with Leonard towards
freedom. Join with us to bring Leonard home.**



*Justice is not a flexible
tool. Unless we all do our part
to ensure that justice is applied
equally to all human beings, we
are a party to its abuse. We
must stand together to protect
the rights of others.*

- Leonard Peltier

Leonard Peltier Defense Offense Committee (LPDOC)

PO Box 7488, Fargo, ND 58106

Phone: 701/235-2206

E-mail: contact@whoisleonardpeltier.info

Web: <http://www.whoisleonardpeltier.info>



LP DOC
P O Box 7488
Fargo, ND 58106
701-235-2206
www.whoisleonardpeltier.info

June 26, 2008

Greetings my relatives,

I say relatives because you are all my family. I am honored—greatly honored—today, that you would listen to my words and come together in this way so that our future generations will not forget what happened here in this land.

You can't imagine how much I miss walking on the bare earth. Or brushing against a tree branch. Or hearing birds in the morning, seeing an antelope or deer cross my path. I have been here in federal prison for 32 years; if you could imagine being in your own home, stuck in a single room for a year without leaving, multiply that by 32 and you might have some idea of how imprisonment plays on your feelings. I really get tired sometimes living here in this cell, this prison. Yet at times I feel really good because for some reason I know that there are those out there who have prayed for me in some way. And it helps me because there are moments when a peaceful feeling will wash over me in my solitude.

I try to keep up with world events like the war in Iraq, where those people are going through the same thing our Indian people went through, and over the same things. The United States wants their resources and they have divided those people against each other. Those children over there and their families will still feel the effects of that onslaught of destruction for generations.

When I look at our own peoples' situation, I see a people who have not recovered from the destruction put upon them in the past. Today, the greater society of America doesn't want to accept us for who we are because we will always stand as a reminder of the immoral wrongs that they do and have done all over the world, all in the name of technology and progress. Our people have told them from the very beginning about the consequences of mistreatment of individuals and mistreatment of Mother Earth. There are history books that quote our chief headmen and medicine people cautioning them about their destruction of the Earth and nature.

We know the first concentration camps America ever had held Indian prisoners. The first biological warfare was used on our people with poisonous blankets. The first atomic bomb dropped was dropped on Indian land in Nevada. Today there are abandoned uranium quarries in Navajo country that cause genetic defects on a lot of their people. When you look into the past, America has used us Indians as their social experiment. They tried to destroy us with boarding schools, relocation and even the first slavery practice was with American people. However, Indian people would rather fight or commit suicide than to become slaves, and so instead they imported Africans.

Forgive me if I am repeating things you already know, but I just wanted to bring these things up because these are the reasons why the Wounded Knee takeover in '73 happened and why the shootout at Oglala happened. Our people were not just taking a stand against this government for themselves; they in essence represented Indian people all across the Americas. Our resistance wasn't to kill anyone—our resistance was to remain alive while we let the world know what had been and what was being done to us, the Indigenous people.

I know for a fact from communication all around the world, that we Indian people have inspired many other indigenous peoples to stand up and defend themselves because of our actions. I have gotten letters from all over the world where people have said "if the native Americans can stand up to people like that while being in the belly of the beast, surely we can do likewise in some way." I recognize that my being here isn't all about me; my continued imprisonment in essence serves as a warning to others willing to stand up for their people. The United States has violated their own constitution, have violated the treaties we had with them and further violated all kinds of moralities merely to bring about my conviction. The average non-Indian American either doesn't know or couldn't care less. As long as they can keep their high standard of living, our struggles mean nothing to them. Most recently, other nations have raised the issues of America's mistreatment of prisoners Guantanamo Bay. Issues such as a lack of a fair trial, issues of physical and mental abuse and also of sanctioned torture of prisoners have arisen. I want to also mention that our people were the first to be tortured by this government and we were the first to be victims of scalping by the Europeans. The colonizers were paying for our men, women and childrens' scalps.

I may sound angry in what I am saying, but all this goes back to why we are here today. We must not forget what has happened in the past but we must also find a way to heal from those things that have happened and be stronger in the future. We need to heal our families; we need to heal our family's structures so that what happened to our people in the past can't happen to us again. For several generations our children were shipped off to boarding schools that destroyed their understanding of family and family responsibilities. When you think of the statistics we're facing today, they don't have to kill us with guns any more—our children and adults both are killing themselves.

Again, like I said before, we have not healed from the destruction that was put upon us. I know each one of us can be better than what we are. It takes effort, it takes getting back to our ceremonies, it takes getting back to our respect for one another, the earth, the Creator and getting back to our respect for our brothers' and sisters' vision. It takes men being men and being strong fathers and uncles and grandfathers and brothers, not just as a matter of birth but as a matter of responsible behavior. It also takes our women to stand as the strong mothers, sisters, grandmothers and aunties they were meant to be. We need to repair ourselves and not wait for some grant from the government to tell us or guide us in our recovery. We need to take that responsibility ourselves and mend the sacred hoop.

Again I want to say as I have said many times in the past: though my body is locked into this cell, my heart and soul is with you today. In closing, I would like to acknowledge the loss of our brother Vernon Belcourt and the great loss of my brother Floyd Westerman, a tireless advocate for Indigenous rights. I'm sure that he as well as many others—who, like him, devoted their time and energies to better the conditions our people face—are here with us today in spirit. We have no guarantees of the time of our own passing but until that time or my time I will miss them greatly as I miss you, my family. Be kind to one another, and remember my words, for I have spoken to you from my heart of hearts. And you will always be in my prayers.

In the spirit of Crazy Horse and every Indian man or person that stood for their people,

Doksha
Leonard Peltier

Leonard Peltier

Native American Political Prisoner for 32 years has a new team by his side.

"This year, Leonard has two chances to gain his freedom, with Presidential elections in November and a Parole hearing that will be scheduled in the near future. This is an opportunity that has never crossed our path."

Betty Ann Peltier Solano, Leonard's sister and International Headquarters Coordinator of the LPDOC.

The Leonard Peltier Defense Offense Committee (LPDOC) is managed by

Leonard's family members. Without the help from long-time supporters, this would not be possible. Organizations that affiliate with Leonard's name, such as the former Leonard Peltier Defense Committee, are not represented by the LPDOC.

As we make this new beginning, we hope you will recommit to the struggle and continue to walk with Leonard towards his freedom. Join with us to bring Leonard home.

Please make note of and circulate the LPDOC's contact information:

Leonard Peltier Defense Offense Committee (LPDOC)

PO Box 7488, Fargo, ND 58106

Phone: 701-235-2206

<http://www.whoisleonardpeltier.info>

Leonard Peltier the Artist

"American Indians share a history rich in diversity, integrity, culture and tradition. It is also rich in tragedy, deceit and genocide. As the world learns of these atrocities and cries out for justice for all people everywhere, no human being should ever have to fear for his or her life because of their political or religious beliefs. We are in this together, my friends, the rich, the poor, the red, white, black, brown and yellow. We share responsibility for Mother Earth and those who live and breathe upon her. Never forget that."

Not so very long ago, Leonard Peltier would have been the first one to say, "I'm a long way from my peak as an artist."

Growing up with uncles who would spend time sketching and carving, Peltier would watch his elders in their craft and try to imitate them.

"I remember I started carving with a knife I had found in the trash and sharpened up. I learned to draw before I could read or write, and it was kind of a way to communicate



© Jeffry Scott / Impact Visuals

for me... I took art classes in school—art was what I was good at. I began teaching myself painting and getting into colors just before I got arrested. After my arrest, I really didn't do anything until about 1984 or 1985."

Evolution of an Artist

Spending time in "the hole" while in federal prison at Springfield in the 1980s, Leonard watched another prisoner working with pastels. When he got permission to get his own set of pastels and paper, he started working with the images and colors that he has always loved.

Inside the gray walls of the prison, locked away from the natural beauty of Mother Earth and her changes, artists must take their inspiration from books and magazines available to them.

"We are denied seeing Mother Earth and enjoying her, so we use some nice pictures for models and change them around... I like to express the beauty of my culture to the world—the colors of powwow, dancers, drummers, and crafts. I want to record and share this beauty."

After his transfer to the penitentiary at Leavenworth, Kansas, Leonard began to work with oils and acrylics. ▷

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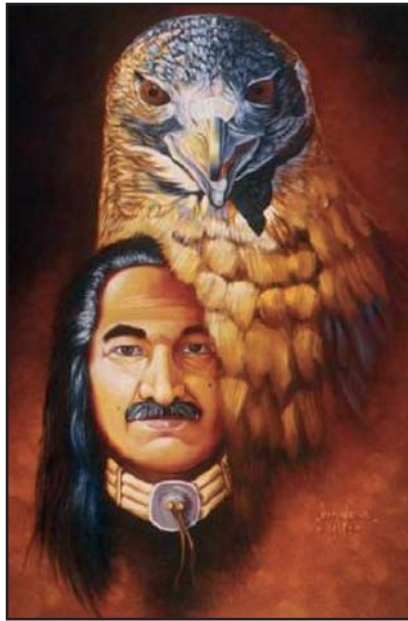
Hawkman II

"Self Portrait that signifies my growth since 1986."

The original Hawkman was a semi-profile and one of my earliest works.

Hawkman II depicts beauty spirituality, strength and freedom."

Peltier must purchase supplies from the prison commissary at USP-Lewisburg, where he is currently imprisoned, but supplies are limited. He can order supplies through a catalog, but that is subject to approval. He isn't limited in the quantity he can purchase, only by funds.



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The Artist's Vision

Peltier's paintings reflect the strength and commitment in his heart for the struggle of his People to retain a natural way of life in the face of great adversity. But painting means so much more to Leonard:

"Painting is a way to examine the world in ways denied me by the United States justice system, a way to travel beyond the walls and bars of the penitentiary. Through my paints I can be with my People—in touch with my culture, tradition,

and spirit. I can watch little children in regalia, dancing and smiling, see my elders in prayer, behold the intense glow in a warrior's eye. As I work the canvas, I am a free man."

In 1986, Leonard suffered a stroke and lost about eighty percent of his sight in his left eye. *"My eye problems have slowed me down considerably, but I am still very inspired."*

Indeed, art professionals marvel at the number and quality of the paintings Peltier produces in light of this disability.

"Sharing my art makes my heart feel good. It's a way too of letting people know that I have not been conquered by the oppressor even though I have spent so many years in these iron lodges. It's a way to say thank you for all the peoples' support. It's a way of letting them know that their prayers are strong."

That's My Big Brudder

"An illustration of the growth journey of two boys as they learn about spirituality."

The older boy is a Powwow Dancer on the east coast and the younger a Fancy Dancer from Kansas. I combined these two powerful images to show the unity of spirit."

Leonard donates his paintings to his Defense Offense Committee to help support efforts to win his freedom. Leonard's paintings are collected by celebrities and luminaries worldwide including Oliver Stone, Peter Coyote, Jane Fonda, Val Kilmer, and Michael Apted. Peltier paintings also have been given as gifts and donated to help other organizations raise funds.



In the Spirit of Crazy Horse,
Leonard Peltier

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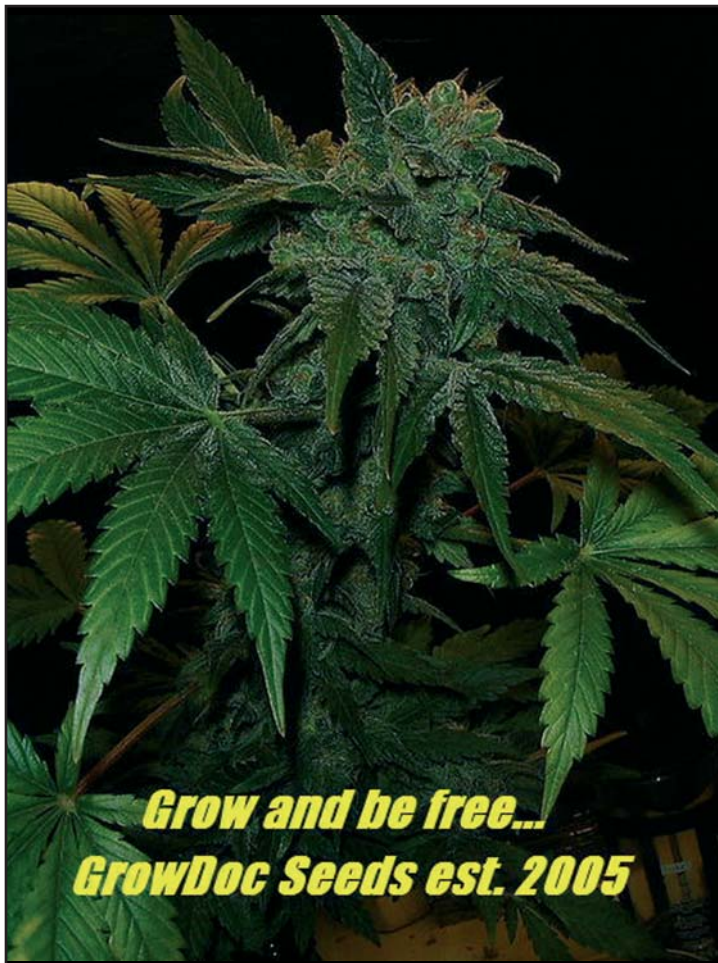
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Diaries from the **Sugar Train**

Without love, without purpose,
without destiny

By John Rolling Thunder

When I was young we would often go to the reservation. When my father died I went to the Rez to live and to make sure his spirit went off well. I stayed three long years. What I learned while living there is that 65% to 80% of the male population ages 16-65 are serving time in federal prisons, institutions and correctional facilities. Usually within a short amount of time of release, many natives are put back in. I hardly ever saw a male native around except for elders. There were a few exceptions to the rule. A culture still struggling to find our face in the mirror of life from the damage done years ago by this government, its army and all the people



Give Love
Give life
Free Minds
Freedom

who found it in their hearts to believe that the only good Indian was a dead Indian. Oh yes, I am from the nation of Kummeyaay, the tribes are Ipai and Tipai. I'd rather die in the truth standing then kneel down to ignorance. If money is the root of all evils then what are the casinos?

A true NATIVE American SON, so precious. It is hard for me to think that indigenous children all over the world are being murdered just like native children were. How is it that in the heartless minds of men that they find benefit in killing innocent men, woman and especially children, because of the differences of race, beliefs, culture or station in life. What is to be gained? Where will this all end? Where it begins? Bless the children for they are the dreams of our future as we are the dreams of our ancestors. Children are our responsibility, to love, to raise and to teach them the truth. Most parents don't know much about parenting. Most of them grew up and were raised by the same type of non-loving parent themselves. So we have a problem here. Children becoming violent in a world according to them that doesn't love, care, or listen. So why should they care? They live in a violent world, they grow up in America, they watch television, they watch MTV, more violence and where standards, morals, and values are twisted and punked. We are seeing a large sector of our youth today seemingly not caring about anything. Tending to be more aggressive, willing to do anything for attention and to the extreme, their actions are there voices long lost and never heard and hearts malnourished from a lacking of love, void of any concept of the value of life human or otherwise. There is a trend of young children killing people, parents, relatives, anyone whom by fate would have it that their death would be at the hands of a child spun on anger, withdrawal, anti-depressives, anti-anxiety meds etc.. We dope them up on drugs that do more harm than good so the reports I have read indi-

cated. We stop loving them and most of all stop listening to them. Love your children for they are the destiny for all mankind. Sha'a ha'a mesh wep' apa ha'a ahiyao howka chechall

koninginnendag

I have been about the world from time to time and have found myself in Amsterdam as time would permit. This city is one of the most incredible cities I have ever been to. The Dutch have so much joy. They have a very unique way of viewing life. De Vrije Stat is truly "The Free City". I like the way they live, as to take the best out of each moment. Chill time "Ge zellig"! My friend and Photographer, Aaron Cox and I flew out to Dublin, Ireland and then off to Amsterdam. We spent a great deal of time with "Mijn Vriends". It just happened that during the course of our trip we would be spending the Dutch holiday "Koninginnendag" Queensday in the city in honor of Queen Beatrix Nassau-Oranje. A phenomenal event! Thousands and thousands of people from all over the world, descend upon the city of Amsterdam being comparable to world events like carnival in Rio or a L.A. riot! There is a Hash bar called "Spirit" in the Jordaan neighborhood that our friends took us to on this trip. If in the city, stop by, spend some time and chill at Spirit. I love my spirit friends "te-gek"!

Injustice gave birth to the revolution

I gave a speech that day outside the state capitol. This event was one of the worst I have ever attended for it was so unorganized and poorly promoted. The people who I spoke with on the phone who were organizers for this event were rude and not so kind. I found it rather pathetic that after the event there was not even a march in 2007. This year was no different. In 2008 they publicized the wrong date, people showed up to nothing, confused and angry for the date on the posters was not correct. It turns out there was a change made but very few knew, once again a flopping event in our state capitol. It

is organizations like this that gives the color green a very bad shade of grey. The worldwide march for cannabis liberation has been more like a crawl here in Sacramento, California, if even that. I found this to be embarrassing, here we are on the state capital and we can't get it together to have a show of force to protect our rights and remind the lawmakers who really make the laws. We do the people! People have forgotten this and have given the power, to the corrupt, self-serving, power tripping politicians. Its time to remind them that we make the laws and we are the ones that can keep them in office. Oh yes I almost forgot, fuck the Governor. I do not agree with your actions about most things. Your words are even more atrocious. How do you find it in your budget plans to stop the flow of necessary A.I.D.S medications to the residents of California? Medications prescribed to prolong the lives of the inflicted from this disease and many others. If its budget cuts you want, why don't you take it up with the pharmaceutical companies who post such extremely high prices for medicines they know will save lives and because of this they do, billing our government for the overpriced meds. You pay these and then bitch and then you want to take it out on the disadvantaged and poor. What the fuck are you thinking Arnold? I never liked you as an actor nor do I as our governor go back to doing C-Rated Porno and popping steroids. Californians need to start thinking and doing more to continue to keep our state of the Free State, the golden state and a progressive state. Where has the compassion for humanity gone? In the gold lined pockets of greed. We all want change. Our resources are maxed out. Our planet is going through serious changes whether by design of global warming or natural changes in the theme for our planet. Whatever the case, we are going to lose it if we don't stop and take a long deep breath, let it out. Stop and realize that our earth is seriously changing. Plague, poverty, famine, civil war▷

abounds in many nations torn with so much blood on the hands of power and greed all over our planet. The military mindset is playing a major part in the type of enslavement of the masses. Global populations are rising at an alarming rate Indonesia, Mexico, India, China, Africa, we all need to react and think globally for we are for we are all in this together. Various scientists came out recently and said they were wrong about their data a few years ago. They reported based on their findings that by 2030 to 2050 our polar cap "The North Pole" would eventually melt. Well they are admittedly wrong and continued to report recently that by the end of this summer 2008 there would no longer be ice on the North Pole, it is melting at a much accelerated rate and it would be quite some time for ice to develop back to the degree to where the North Pole would be once again.

Part 2:

Injustice gave birth to the revolution

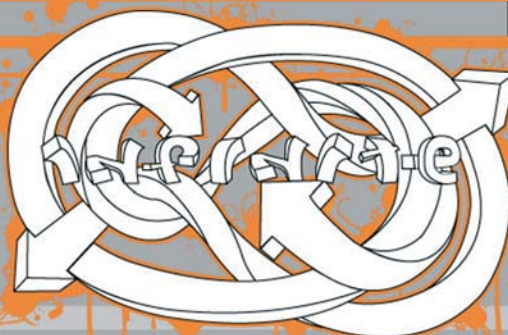
At an art auction recently, I went to help an owner of a local dispensary with financial support. They were losing everything to the DEA, in Sacramento, CA. United we stand or divided you'll fall. Looks like everyone is falling. Could it be there is no unification with the dispensaries? Why isn't there? Unification could provide the voice and strength of the medi-juana dispensaries. Be focused together as a group to grow as business with each being a role model for

the other. Laying out relative guidelines and codes for operation and the ethics of pricing and regulation. Quality control and health safety codes for edibles. Security exchange of info. Why isn't there any? If there is none? We are the drug enforcement agency are we not? The DEA is fighting their own drug war. How absurd it is and powerful can they be to go against the people of the states that made the law happen by popular vote and to this day disrespected are the wishes of the people of the states by closing down medical establishments designed to distribute medi-juana to patients in need of a medicine that will relieve us from our ailments and pains. If we can't change the laws the people in our government they won't change them for us. We need to take a very good look and change the politicians that are no longer benefiting the peoples need. Vote them out! Change the old with the new and young. Keep political nepotism out of politics. Big mistake for the world. We have a choice to make and many each and every day. Don't be afraid to make one, just make one.

Guilty until proven innocent

I went to workouts and yoga. while I was there, one of the women working there came up to me to open up conversation, she overheard me talking to the women at the front desk .she told me while holding back her anger and pain how her brother or son was in jail for murder and has

been in jail for close to a year and is innocent. She also said something about the DNA and it did not match. So why this happening and what is isn't being done to free this man and to find who the real killer is? She asked me to look into the case and to write about this .I told her I would look into it, to call me and we would talk about it and to put me in touch with lawyer and all else that could help me find the truth about this murder case. She was close to tears when I told her this that I would try. She is a black woman. This is commonplace now I hear stories all the time of injustice and prejudice. I find it here, in this so called great country of ours where justice is the cause for America but now people are being held in jails especially those of color for prolonged periods of time and for what? The almighty dollar .The prison system is costing billions and for what mainly to house drug offenders or drunks. If a poor person cannot afford to pay for a fine, how can then the system ask them to pay more and more or go to jail or both. This does not make sense but neither do many things here in this country. It is now guilty until proven innocent. it used to be innocent until proven guilty. This is another reason why I must continue to write and to fight for human rights and dignity. while medical marijuana patients fight for their rights the D.E.A and now the counties within the state of California are turning their backs on



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those who are in need but also to help further give safe access for those in need. There have been many armed fucks going into the dispensaries and robbing them at gunpoint because of regulation knowing damn well the security risks all are taking when procuring or selling medi-juana. This should not have to be. it should not have to be that the dispensaries should operate in a strange, semi-secretive, stressful atmospheres located somewhere between the grey, the black and the red there are laws in place voted in by the people, for the people and neither the state nor the federal government are not listening to the people, to uphold the laws and to protect and give safe access for the patients. What the hell is going on? Is it going to have to take people pouring out into the streets in protest and if so what would the consequence be? Being shot, stunned, maced and /or arrested by the very people that are supposed to protect and serve the people not the government. Who is governing who? We vote don't we? Where then does our vote count? So does the vote count when it comes time to fill the ever so open pockets of those who've been bought and sold in our government continually paying taxes "gone wild". Where is all this going to end or is this just the beginning of the new world order? Are we finely waking up to realize the roses were plastic, (silk for the rich of course) and that the grass was never green

because we are all colorblind?

Food for thought

"I would rather be alone in an empty room then alone in a room full of empty people." Got it! PEACE. We go through life knowing and yet not what might lie ahead. Is it better to know? Or not? Maybe It's about choices, I make them every day, moment to moment. Living with AIDS has taught me many things, one of them is to GIVE LOVE so I do. KEEP IT GREEN AND LET THE SMOKE RISE! Good Day to you All. Geef Liefde, Doe!

YES, I aminfected

I went to sleep early, too many drugs in my veins from the hospital. I am cold then hot. I had very bad dreams all night waking up every hour or two. I am not with fear but very concerned about my health at the moment. I got up from bed thinking ok I will write a little to my friends and tell them once again how much they mean to me in a world so distressed from the lack of love and forgiveness. I too need to know more in my heart about forgiving and letting go of bad energy. I was sick but the tests they did on my body were worse, very bad and painful. Too many needles and nitro. My heart is weakened and feeling sore and tight. When Aaron and Jack came to the hospital I could see in the eyes the fear for me and their love for me. In the short time I was in the hospital I had many visitors from the temple

came, even the manager to my apartments came to see me. I had so many wires all over my body and tubes in my veins. It is over for now thank creator for the gift to live again, of life. One more day to live and it is so precious, life and death as well. I think to myself how much love I can give from this body, could I give more if I was not trapped in this body. Lili and Sir Robbie were happy to have me back. They know when something is wrong with me when I am sick and with tears. They feel me and when I am gone they know. I had friends from the temple come to feed them and play with them. I am ever so glad to the ones in my life I have. How was the soccer? Well I am going to try for more sleep. The sun is not out and the air is thick and hard to breathe. There are over 1,605 fires burning here in Cali because of lightning. The smoke outside was heavy when I left the hospital. When will life be good again? When will our world be safe and heal. When will people come together in the name of love. When?

Give love John. ■



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How to Piss Positive and still keep your job. (We hope)

by David Allen M.D.
Cardiothoracic surgeon



Presently in many states, you must have a negative urine drug screen to keep a job. In some states this concept has morphed into a monster as some states may deny compensation insurance to employers that don't provide evidence of negative drug screens for all employees. Currently, urine drug screens will detect the presence of metabolites from Marijuana or other drugs. These are fairly cheap and are widely used.

However, current drug screens cannot differentiate between smoked marijuana and an FDA-approved medication called Marinol. To be fair, there are ways this can be differentiated, but the tests are very expensive and not widely distributed (though this may change in the future).

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If you can convince your physician to prescribe Marinol to you, you will have legal justification for testing positive on drug screens for Marijuana. You will be taking FDA-approved synthetic THC for medicinal purposes, placing you in the same legal status as any employee taking any FDA-approved medication for anxiety, depression, insomnia, et cetera.

Off-label prescription of FDA-approved drugs.

All drugs that are to be marketed in the US must have FDA approval prior to sale here. Drugs submitted to the FDA by drug companies must have indications for use and dosage in humans. The FDA then evaluates the drug. From this evaluation, they will list the indications for use and problems associated with its use such as potential side effects. This will then set the primary or "label"

uses for the drug. Drugs may have other uses not initially intended or tested and approved by the FDA. The FDA can, at the request of the drug manufacturer, be tested for further label uses, but this requires an additional expense and long review process. Most companies will not do this unless it will be profitable for them.

A good example of this concept is the medication Viagra, which was initially evaluated for the use in congestive heart failure. Then patients started reporting to their physician that they had erections when taking the medication and the rest is history. Initially, the medication was indicated for one issue and was found to have other "off-label" uses. These new indications became more important than the initial indication and eventually became the label or primary indication for this medication.

Off-label indications:

Any physician can use any FDA approved medication (Or medical device) for purposes other than the intended or "labeled" uses. The physician can prescribe any medication if it will benefit the patient and not cause more harm than currently prescribed medications, relying on the doctor's experience and medical judgment.

What is Marinol, and how do I convince my physician to prescribe it to me?

Marinol is a synthetically derived THC, the active component in Marijuana. It has been tested by the FDA and approved for the treatment of nausea, vomiting and anorexia. It is currently listed as schedule 3 substance. This is an excellent example of how silly FDA decisions actually are. The FDA has approved THC as a useful medication for use in humans, completely contradicting the classification of marijuana as Schedule 1 (no medicinal value in humans). Something cannot be both a useful medication and have no medicinal value, so which is it? How is THC derived from God through the natural plant Schedule 1 while THC derived from manmade sources is Schedule 3?

Marinol (and, for that matter, the plant marijuana) may have multiple other medical uses not originally tested for by the FDA— for instance, Marinol may be an appropriate substitute for many prescribed anxiolytics used in the treatment of anxiety. Many anxiolytics medications are addictive and some can cause death from withdrawals. Marinol may be used for this reason as it has minimal addictive properties and has not caused death from withdrawals. You may be able to reason with your physician that all the literature shows that THC in the form of Marinol is safer than other currently-used medications for anxiety. This same thought process may be tailored to your particular medical condition and might include ailments too numerous to list. You may ask your physician to prescribe Marinol for off-label indications because you have tried other anxiolytics and feel Marinol will be safer than other medications. Since there has never been a death from THC recorded in all of history, Marinol may be considered safer than any other drug in the pharmacopoeia. This means it is safer than other medications used for any other disease process. THC is safer than aspirin or any antacid or any antibiotic or other medication you can think of.

Marinol may be used for multiple ▶

medical conditions not originally tested for and may or may not help the issue you have. It is synthetically made and therefore fairly expensive. If you have a legitimate prescription for this medication you have a good legal reason for testing positive on drug screens. This is not to say that you will have to continually purchase the medication if it is not helping much. The possession of a legal prescription is enough to thwart any random urine test. This has not to my knowledge been tested in a court of law but obviously makes it complicated for the legal authorities.

Observations regarding drug screens and human behavior and the government

Most drugs are cleared from your system in 48-72 hours and cannot be detected by urine drug screens with the exception of marijuana. Marijuana metabolites are fat soluble and are leached into the bloodstream for up to 30 days or more after exposure. This fact means that employees may tend to avoid a relatively harmless drug like marijuana and use



other harder drugs in its place. Users of heroin, LSD, cocaine, PCP, mescaline, amphetamines, ecstasy, or alcohol on Friday night will test negative by Monday. Thus through misguided intentions, the government and your employer may be at least partially responsible for people using harder drugs. Additionally no studies show that social use of marijuana make you a risk at work the next day.

Humans seek drugs; it is commonly referred to as drug seeking behavior in the medical communities. This behavior is innate and instinctual, similar to the suckling reflex or other ingrained behavioral seen in humans and animals. No laws, no matter how draconian, will change this instinctual behavior. Jailing 800,000

U.S. citizens a year will never result in the eradication of this plant. If no proven social harm comes from smoking marijuana, should we continue to ruin citizens' lives? Marijuana works so well on anxiety and insomnia that millions of otherwise law abiding citizens risk the anxiety of jail to use it.

The truth is that it has never been about social harm; all government claims of social harm have been disproved, including the ones arguing that it makes you insane, leads to harder drugs, makes one grow breasts, et cetera. It has always been about government control of the population (especially the non-whites) and a means to deny citizens the constitutional rights to the pursuit of happiness and ownership of property. The anti-drug movement is a juggernaut of immensely profitable businesses, from drug testing to property confiscation to rehab and Jails-R-Us. They are making too much money to quit now. This is similar to corporations making money on military war goods; they don't want the war to go away. ■



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Cannabis in Germany

Repression rules over Health

No cannabis for Meds

by Michael Knodt

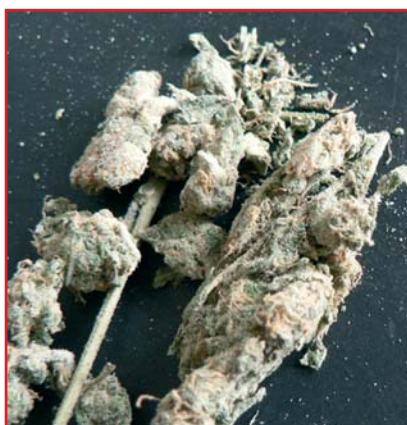
Michael Knodt is the chief writer of the biggest Hemp magazine in Germany, the Hanf Journal. He is also published in other German and Spanish hemp magazines.



Cannabis in Germany is still totally illegal. There is no chance for Medical Patients to receive their medicine or even to get a growing license like in Canada or parts of the United States. A lot of patient suffer from that situation and have to buy their medicine illegally on the black market. The possession of a small amount, in average six grams, is, due to the area, mostly not persecuted by law. But even the possession of one plant is considered as an offence and not tolerated. Even in the northern, more liberal parts of Germany, growing marijuana for personal use is not decriminalized. Those caught with more than 7.5 grams of pure THC are sentenced as dealers. As one plant theoretically might contain more than this amount, it cannot be condoned in the eyes of the law. If the police only find one lamp and a few plants, the grower mostly is being sentenced to probation, or, if already on probation, is sentenced to jail for the equivalent of possessing ten plants or ten grams.

Lead in the Weed

The black market in Europe, especially in Germany, Great Britain, Belgium and the Netherlands, holds another, very serious danger: within the last three years, poisoned weed has been discovered everywhere. Things like very small splinters of glass, sand, talcum or simple sugar were added after harvesting to gain weight. Even in the growshops, a product called “Brix”—a mixture



between molasses and liquid plastic—materialized, promising growers a gain of weight “up to 22 per cent” after a “wet cure application.” Simply spoken, the pot was mixed with plastic and sugar that turned into white, fake trichomes after the drying process.

Around the town of Leipzig over 500 people had to be tested last year because they were suspected to suffer from a lead-poisoning. In the end, more than 200 of them required treatment, some for potentially years. The source of this incredible incident was a greedy dealer, who mixed lead-sulfide, a white powder, into the marijuana. Burning lead-sulfide in a joint or a pipe is the most effective way to absorb lead. When the first person nearly died from the symptoms, the police at first thought it was intentional. It took over two months of investigation before they found the real reason of the illness: the intoxicated person at first did not talk about the cannabis consumption because he feared police questioning as a result. Different from other EU governments, the German Ministry of Health hesitated for months to issue an official warning. When the public pressure increased, an official warning was released. In this statement, well hidden on their official website, citizens were warned against smoking cannabis in general, with the lead-tainted weed mentioned only in the last paragraph. Eventually the warn- ➤

ing vanished. The victims still suffer from the symptoms of their lead poisoning and the black market is still likely flooded by poisoned cannabis as a result, even if there have been no cases of lead poisoning since this spring.

Medical Cannabis

As mentioned above, there is actually no method for medicinal cannabis patients to receive natural hemp. They can theoretically receive a prescription for Dronabinol, which is comparable to Marinol, but the German health system can never meet the costs. An average monthly dose costs between 400 and 1,000 euros—between \$600 and \$1,500 CDN. This is unaffordable for patients with an average German wage, the only way out of this misery is to grow illegally at home, if the patient is still in sufficient shape to do this work.

There are a lot of medicinal Patients who have gone to court for the right to grow their necessary medicine, many of whom are involved with the IACM (International Association for Cannabis as Medicine) and/or the SCM (Selbsthilfenetzwerk Cannabis Medizin). As a result, since 2005 it is theoretically been possible to receive herbal THC, with the emphasis on “theoretically”: In reality, one has to go to court and prove that Dronabinol does not have the same effect as plant-variety THC. This requires one to receive a Dronabinol prescription before being even eligible to book a court date. As a result, Germany has a lot of cannabis patients with permission for Dronabinol, but not a single one who is allowed to receive natural herbs.

Politics on patients' backs

Three years ago, one of the three highest courts in Germany confirmed the necessity of a supply of herbal cannabis for three plaintiffs. There were even discussions to allow growing licenses in the near future. But in response, the Ministry made up a new regulation. This prescript included a few impossible conditions for the patients: they must rebuild their homes (e.g. thicken the walls, install safes and safe-doors) into a kind of Fort Knox to prevent break-in, they would be forced to pay for a private pharmacist to dose the medicine and finally the person responsible for the plants must not be the patient—who also has to be a certified pharmacist.

After the three patients with the permission for herbal THC could prove that those conditions were not accomplishable for them, the Ministry first thought of importing medicinal cannabis from the Dutch firm that produces medical marijuana for Dutch pharmacies.

Shortly before the permission was given, the Ministry got cold feet and asked the Dutch company to extract the THC from the buds. Bedrocan, a Dutch Company producing medicinal cannabis, warned the German BfArM (German institute for the admission of medical

and pharmaceutical products) that the extraction might influence the effect of the medicine but this was disregarded, the extract was ordered and the patients were forced to rely on a totally untested treatment.

One of the three, a 54-year old lawyer suffering from Multiple Sclerosis, refused to serve as a guinea pig. He is, three years later, still waiting for an effective herbal cannabis medicine.

The two others, the 43-year old Tourette patient Lars Scheimann and Mrs. Ute Köhler, 70, a cancer patient, tried out the dubious extract. The result could not have been worse: Mr. Scheimann could not see any effect and gave the sesame oil-based medicine back. Mrs. Köhler also was not satisfied at all and said that the pain killing effect was not at all comparable the herbal cannabis.

Mrs. Köhler meanwhile is very desperate, with even local conservative politicians supporting her concerns in the parliament. When she recently enacted a “one woman” demonstration in front of the German Parliament, she was arrested by police and sent away. She is still waiting for a chance to receive herbal THC.

Mr. Lars Scheimann was sent to an evangelist by the highest official of the BfArM—who is also coincidentally affiliated with the church of the preacher in question. Not only an attempt to deprive a sick person of urgently-required medicine, this is an act of abusing one's position. This priest was supposed to come directly from the United States and help Mr. Scheimann by merely putting his hands on him. Mr. Scheimann kindly refused this kind of treatment and is instead continuing the fight for his right to achieve a supply with medical herbs.

Although those three stand for hundreds of applicants, the administrative bodies meanwhile ignore the will of the two highest courts in Germany. It seems they will try to prevent the legal bud for patients until a German or EU court forces their hands.

Cannabis patients in Germany have to suffer from circumstances not worthy of a human being, while most of the western European countries have found a humane solution. The situation for medicinal patients here is comparable with the church's mentality towards scientific thought in the middle ages.

More information:

<http://www.bedrocan.nl/English/indexeng.htm>

www.thc-pharm.de

www.iacm.org

<http://www.selbsthilfenetzwerk-cannabis-medizin.de>

www.ute-will-leben.de

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Just Thinking

by Jef Tek

I've never considered myself to be a teacher, but I do have a flair for doing things with great attention to detail. I was labeled a "perfectionist" at a very young age, but with my skill for growing great cannabis comes a strong desire to share my knowledge with the world. Growing caused me to become first a photographer, then a videographer and now a journalist. It is the only true way to share. Hell, after my very first crop was harvested and dry enough to smoke I could barely contain myself. I wanted to run up and down the street yelling at the top of my lungs to anyone who would listen, "Hey, I grew this sticky-stinky shit, by myself – in my basement, and now I don't have to risk my life and limb trying to score a dime-bag south of North Avenue ever again." A quick rethink and I decided not to tell anyone...

Complete and utterly unrewarding secrecy was the uniform of the day, just as dull as an old army jeep. The unwelcome anxiety hit me like a heart attack whenever I re-realized that I was growing the best marijuana I'd ever seen or tasted. I was just dying to tell someone but I knew the difference between a secret and the news. A neighbor, a good friend eventually found out and Theresa just couldn't shut up when she saw me after that, telling me over and over how great my weed was. I would cringe, not because I didn't wholeheartedly appreciate the compliment but realistically because all it takes it one slip of the lip from the wife of a Chicago Firefighter at the

wrong moment in time and my house would be forfeited to the US government and I'd be the one doing time. I just smiled and told her it wasn't MY weed, it was Mother Nature's, I just grew it. Medicinal marijuana was just about unheard of in Chi-Town in the early 00's, so common sense, (and my good friends) suggested my path was to the West, yes California was the place I ought a be, so I loaded up the Truck and moved to S.D. Not quite Beverly Hills but, come-on, I was just startin' my journey.

Not knowing anyone there and moving to a brand new town could be a nightmare to some, or a scary journey thru unknown waters to others, I guess I've got some pioneer or Viking blood in me because I find extreme comfort in the unknown. The unknown, to me, is like a myriad of holes in time that are holding rarified treasures and also waiting to be filled with exciting and new experiences. Those holes in time are now fantastic memories that I have to share. Talking to an older retired gentleman the other day, he was quick to thank me for even giving him the time of day, he said he felt outdated and ignored by the rest of "us," hardly ever even bothering to notice him. My wife and I had a wonderful 40 minute conversation with Angus about everything from raising 6 children during the revolutionary 1960's to the realization that the statement shouldn't be what if the Kennedy's weren't assassinated but, I posed the more to-the-point question, "what if J. Edgar Hoover wasn't there to create the CIA in the first place?" I know we gave him things to think about and he gave us the best advice regarding marriage ever. "Hell, there's not a day goes by my wife and I don't disagree on something, but damn-it, I do my thing and she does hers and we just stick it out. There's no rocket-science to it, young people today don't understand commitment, you marry someone and you just stay with that person, that's all there is to it." They recently celebrated their 54th year of marriage, how cool is that? See, you

just never know what tomorrow will bring.

"There's a feeling I get when I look to the west and my spirit is crying for leaving," is the beginning of the third verse to Led Zeppelin's Stairway to Heaven. I had that feeling a long time before I ever heard the song. I always had an indescribable urge to be west. San Diego gave way to Vancouver and this is where I call home now, my office is always green and I don't punch a time clock, I guess I am pretty lucky. It sure isn't what I expected, but is anything ever what we expect? What if you found out that in your next life you were going to be a god? Or a gnat? What if you hastened your life here only to discover that being a god wasn't that great, what if being a gnat wasn't all that bad? Point being – it's better to not know what is next. Take problems one step at a time and don't look for "quick fixes" in retrospect they only serve to remind us that we should have taken more care, and not rushed things.

We live in a fast-paced society that just keeps getting faster. Over 100 years ago there were electric trolleys and trains connecting thriving intra-city communities, where people were the core, in every major city in North America. General Motors had their way with government legislature and petitioned congress for individual transportation, the car. By the 1920's manufacturing supply had superseded the demand and in '29 the stock market crashed. Financial wizards of the day realized too late that the workers manning efficient assembly lines couldn't afford any of the products they were building so Teddy Roosevelt created the "New Deal." Raising salaries created consumerism, we are taught from birth to be consumers. Democracy died in 1929 with the stock market, supply and demand was shoved down our throats in school like a semi-digested meal from a mama bird with no choice whatsoever. I'm here to tell you, you don't need that new car; the old one will last infinitely longer than our world's oil supply will. Mechan-

cal systems can be rebuilt indefinitely; just look in Jay Leno's garage, technology will never supersede the beauty and craftsmanship of hand-built autos built in an age gone by.

Cheap fuel is the core of industrialization and industrialization is now crippling the planet. Dubai just keeps getting bigger from 100 plus years of oil profits and I predict that the 3 artificial palm tree shaped Islands will eventually wind-up being the most polluted on the planet with 50 million people living in a desert. Every war in the last 100 years has been fought over securing oil rights and privileges. The US government uses its armies for everything from general intimidation to full-blown war for non compromisers. Once upon a time there were no companies building cars for us, now the number one reason for mining metal and aluminum is for building cars, the number one use for glass – the car. Rubber, yep - the car. Cars have taken up a whole work week just to afford driving the damn thing. I'm ready to build my own electric car from an old Volkswagen or maybe an Army jeep. If the monopolistic auto industry won't build us what we obviously want and need, then I guess it is up to us to build what we need, just like in the old days. Like the old adage goes, Necessity is a Mother, go invent some!

Stock Volkswagens only had a 36 horse power engine; this means that I'd only need a 26 kilowatt electric motor to do the same work because electric motors are more efficient. Yank out the oil-burning guts, hook up the motor, batteries and speed control. I plan on using off the shelf forklift parts for reliability, serviceability and economy. Tried and true. Sure, I'd love to go digital, high frequency power inverters with all the bells and whistles but I know it can be done cost effectively this way. Then, if there's any money left in the budget or IF I can get some sponsorship, we'll throw an eco friendly paint job and some simple lightweight wheels and tires

on it and, Bob's your uncle! I would be one less petroleum consumer. I don't expect my vision will affect anyone but myself because we all know that as long as they keep building bigger, faster and shinier crap we will keep busting our asses to afford that new-fangled iPhone that, regardless of intention, will be the newest addition to tomorrows garbage dump nightmare. We can't help ourselves, we see it and hear it and read it but the cold/hard fact remains; as long as there are resources there will be consumers. When the last drop of oil on the planet is painstakingly extracted and separated from the oil sands of Alberta then placed into a sealed vial and shipped off to the Smithsonian Institute for posterity; then and only then, solar, wind and geothermal energy will suddenly become viable and cost effective. They won't be called alternative fuels - they will just be renewable sources of energy that our descendants will take for granted.

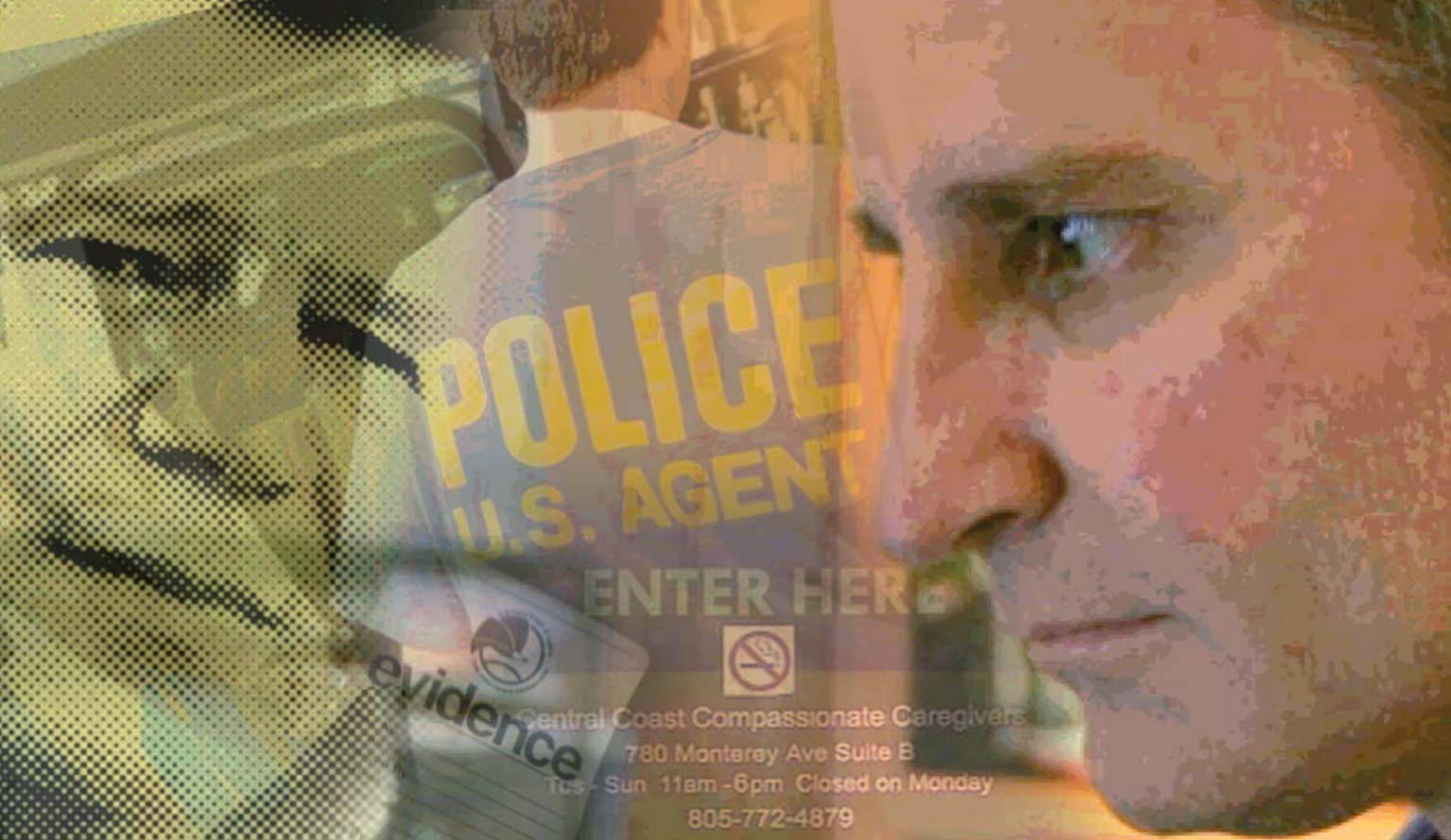
Hemp could be a solution, but not in the consumer context. We would use any cheap and renewable resource to death, like a tomcat just "playing" with a mouse. Henry Ford saw the future almost as soon as his pragmatic mind perfected the assembly line. He even used the specially designed boxes that parts came in to incorporate into the back seat base, to me this is ultimate recycling, but poor old genius Henry Ford realized too late that it just wasn't sustainable on a global level. By the time he created a car made almost entirely from hemp, sisal and wheat, the DuPont's had multiple patents for plastics, fertilizers and even medicines made from petroleum, and it was too late for them to turn back. Today's infrastructure is based entirely on the automobile from the roads to the police that have to guard law abiding "drivers" from anyone not conforming to speed, licensing, etc. Think about this. The police are subsidized by the oil industry whether you realize it or not, every oil refinery or billion-dollar oil exploration project has been

subsidized by tax payers whether they ever drove a car or not. Every war was waged and fought for oil regardless of implied weapons of mass destruction. And the reason nobody wants the oil-wealthy countries to develop nuclear weapons is so they won't be able to decide for themselves what the prices of oil should be and who gets their oil in the first place. Oh-no, not a free market, what's next nouveau-communism?

Governor Arnold Schwarzenegger signed a bill into law in California banning trans-fats in restaurants. I think this is a great step forward but can't help but wondering if it has anything to do with the big bio-diesel push that allows almost anyone to create their own green fuel to power any diesel vehicle by treating recycled deep fryer oil. It is a major step for the most forward thinking state in the US, and I guess bio-diesel can be made from any carbohydrate. That's right people; any hydrocarbon can be made from any carbohydrate. Way to go California, the land of fruits and nuts, hey I was one of 'em so I can joke. Algae just may be the next source of plentiful bio-diesel production, but again I don't think generating more greenhouse gasses is the pragmatic solution for the long-run. Short-term, maybe, but we really do need to dramatically reduce our dependence on any hydrocarbons. Small gardens, working close to where you live and building local communities could help us re attain our spirituality. Wouldn't it be nice if you didn't have to commute an hour and a half each way, each day and work in a cubicle for a week just to afford the "luxury" of driving your very own perambulator of mass extinction?

Just Thinking...





Pot Prohibition: Prosecution or Persecution?

Federal and Local Law Enforcement Interference in Medical Cannabis

By Cheryl Herbalicious

As a medical marijuana patient, I observed the federal trial of a medical marijuana dispensary owner and witnessed firsthand the systematic mistreatment of Charles Lynch by government officials both federal and county. Charlie, as he is also known, owned and operated Central Coast Compassionate Caregivers (CCCC), the only medical marijuana dispensary in San Luis Obispo County, until local sheriff's deputies and Drug Enforcement Agents (DEA) raided his home and business last summer. On August 5, 2008, Charles Lynch was convicted of five felonies associated with cannabis-only charges and faces, by some estimates, 100 years in federal prison even though his dispensary met all city, county and state laws, regulations, and requirements.

Charlie followed all 8 requirements

on his business license, followed the letter and spirit of Prop 215 and SB 420, and believed he was within his Tenth Amendment right. As part of his business license requirements Charlie ran background checks through the Morro Bay police department on all his employees to ensure he did not hire anyone with a felony. Charlie's dispensary ensured that seriously ill residents of San Luis Obispo County had the right to obtain and use marijuana for medical purposes where that medical use is deemed appropriate and has been recommended by a physician who has determined that the person's health would benefit from the use of marijuana. He or one of his employees would verify every patient's doctor recommendation before they were allowed to purchase medical cannabis. Senate Bill 420 reiterated that the Compas-

sionate Use Act for 1996 (Prop 215) called upon the state and the federal government to develop a plan for the safe and affordable distribution of marijuana to all patients in medical need thereof. Charlie's dispensary provided such conditions for patients in his county. And finally Charlie relied on the text of the Tenth Amendment "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people." Yet Congress has said this amendment does not apply to state medical marijuana laws.

The federal government has been on a campaign to subjugate cannabis and its supporters since 1937 when the first federal cannabis law was enacted against the recommendation of the American Medical Association.

tion (AMA). According to Americans for Safe Access (ASA), Dr. William C. Woodward, testifying on behalf of the AMA, told Congress that, **"The American Medical Association knows of no evidence that marijuana is a dangerous drug"** and warned that a prohibition **"loses sight of the fact that future investigation may show that there are substantial medical uses for Cannabis."** Congressional members scoffed at Dr. Woodward. On the floor of the House of Representatives not only was Mr. Woodward's name misstated, so was his testimony. Congress was told the AMA supports the illegalization of cannabis even though his testimony was to the contrary. This can be verified by Congressional transcripts of the hearing and floor vote. This November, the AMA will vote on whether or not to endorse cannabis as a medicine. Dr. Woodward's statement has repeatedly been proven accurate by hundreds of peer-review studies which have confirmed the cannabis Charles Lynch dispensed from his medical marijuana dispensary has significant medical benefits.

While observing the two week trial I was able to witness directly the persecution group which mistreats Charles Lynch with callousness and cruelty all in the name of federal law. My first glimpse at this malevolent persecution was of Federal prosecutor David Kowal and his courtroom antics. As soon as the defense and prosecution teams entered the courtroom on Wednesday July 23rd 2008, Kowal quickly began bickering with the public defenders. I was sitting with another patient in the court's gallery and we instantly looked at each other after Kowal first spoke and in unison we both said, "What a dick". It was his tense body language, aggressive tone, and glaring facial expressions that relayed his unprofessional behavior. His antics included antagonistically pulling a piece of defense evidence off of a projection screen after the judge asked for a sidebar, initiating a

shoving match with a public defender, forcefully yelling at Charlie Lynch while cross-examining him on the stand, pacing back and forth during cross examinations, staring up at the ceiling in the courthouse, walking away from sidebars before everyone else was finished, crossing his arms which displayed closed-body language, gawking at the jury or the defense's side of the gallery, and much more. One of my own personal experiences with Kowal occurred in the hall outside of courtroom 10. After a long day of grueling antics Kowal rolled a stack of legal materials towards his office. I moved out of his way and looked him directly in the face as he passed me. His shoulders were rounded forward, his head hung low, his eyes closed momentarily and he had a look of misery flash across his face. I knew he was pathetic and hated himself at that moment. On one other instance, I caught him with his arms crossed and staring off at the ceiling during a side bar, not paying attention at all. I mimicked his body language and blank stare. He noticed me and quickly uncrossed his arms and looked to the ground. In addition, in front of a bunch of people waiting in the hall outside courtroom 10, he even walked into the women's restroom. And throughout the trial he proved beyond a reasonable doubt he is a dick. If being a dick was a felony he would get life without parole for his crimes against humanity especially for his behavior towards Charles Lynch and Lynch's lawyers.

Kowal's partners in crime are two females. I don't use 'partners in crime' lightly; these government agents are less mild-mannered than Charles Lynch; he is soft spoken, gracious, and considerate. Something I did not see any of the prosecutors or DEA agents display. Federal Prosecutor Rasha Gerges, a youngish lawyer with her own idiosyncratic expressions and body language, and DEA agent Rachel Burkdohl, a super youngish law enforcement agent who quickly proved her

lack of experience and knowledge upon testifying. Gerges made odd facial expressions whenever the defense team spoke. She would tilt her head down; keep her eyes rolled up to stare at the defense with her mouth gaping open. She continually looked annoyed or disgusted. Staring at the defense side seemed to be the prosecutions main offense and Gerges did her fair share of ogling. She also happened to give a devastatingly dull closing statement, PowerPoint slides and all.

When it comes to boring, Agent Burkdohl took the prize in this trial. I ended up nicknaming her Agent BoredAll because she bored us all with her tedious testimony. Kowal didn't help by "asking questions 3-4 times, repeating evidence over and over again at Ad nauseam," as Judge George Wu put it. Burkdohl testified that she was the DEA agent with the most medical marijuana dispensary experience out of all the agents who raided Charles Lynch and she didn't even know how to count plants or explain what "bud" marijuana was to the jury, and admitted she did not read or know the guidelines for marijuana plants for federal prosecution. One hundred plants carry special circumstances in the eyes of the feds and Burkdohl counted "approximately 104 plants" but she did not really know how to count plants even though she was the most experienced. I would really hate to see the effectiveness of the least experienced DEA agent on that raid.

If these federal prosecutors and agents haven't appalled you enough yet, wait until you find out what the local Sheriff's department did to Charlie. Sources allege that county sheriff Pat Hedges initiated and orchestrated the entire investigation. The county sheriff took it upon himself to waste nearly a year's worth of man power and resources to investigate and persecute Mr. Lynch even though he eventually had no state violations to warrant a state warrant, so they called in the ►



Documentary at: http://www.friendsofcl.com/2008-06-11_reasontv.htm

DEA. Half-a-dozen San Luis Obispo sheriff's deputies or narcotics detectives and eventually three DEA agents were called to the stand to testify. The third DEA agent had nothing to do with the investigation or raid of Charles Lynch. So two-thirds of the testimony came from county sheriffs and only a third from federal agents. Nicholas ("Nick") A. Fontecchio, Scott Sarmento, John Blank, Keith Scott, Gerald Geisley and James Wade Moxley were all being paid state-tax money to investigate, raid, and testify against Charles Lynch. These deputies even poked fun at the fact that they were being paid to be at the Federal courthouse on Thursday July 27th although they were unable to testify that day due to delays in the jury selection process. All of these law enforcement agents looked relaxed and confident while looking directly at the jury during the prosecution's direct examination, but all of them looked confused or skeptical while being cross examined by the defense. They answered the prosecutions questions with ease but had difficulty answering the defense's questions. I am surprised the jury did not pick up on this odd behavior.

One of the sheriff's detectives testified that Charlie was seen leaving the dispensary with a large white bag full of unknown contents. Charles testified it was a plastic-garbage bag full of aluminum cans to be recycled at his home. He also

said he provided free sodas to staff members as long as they agreed to recycle the empty cans. Not only was Charles Lynch dispensing green medicine to those who needed it he was doing his part to keep this planet green too. Another sheriff testified an employee gave a brown bag (the same kind of bag the medicine was packaged in) to a person waiting in a car outside CCCC. Charles testified there was fresh fish from the local marina in that bag, not medical marijuana. The employee made a mistake by putting the fish he was holding at CCCC for someone else in a medicine bag instead of another container and Charlie informed the employee not to do things like that in the future.

This non-scientific persecution extends beyond Charles Lynch to those that depended on him for their medicine. Patients in San Luis Obispo County no longer have safe access to their medicines. KSBY Channel 6 news estimates that medical marijuana patients now have to travel 100 miles to dispensaries in Buellton, Santa Cruz or Oakland to get their medicine since Lynch's dispensary was forced to close. A former patient of Charles Lynch's has sued the sheriff's department for violating her state Constitutional right to medical cannabis, illegally raiding CCCC, violating patient confidentiality laws by allowing medical records to be turned into public record in the federal court house,



Elaine McKellian, MM patient

and causing her mental and emotional distress. Patients who wanted to follow state law had to purchase from Lynch or grow their own medicine. Patients, parents of patients, and Morro Bay's mayor and city attorney have all testified to the law-abiding nature of Charles Lynch, while the sheriff and Federal government try to portray him as an evil drug lord. The prosecution enjoyed throwing around the figure \$2.1 million the CCCC dispensary earned, but what they do not indicate is the fact that the figure does NOT represent profit. It represents gross income without the deductions of payroll, vendor pay outs, monthly lease payments, operating costs, or any other expense the dispensary incurred during its yearlong existence. The government also does not acknowledge the fact that Charles ran the only dispensary in the county..

Even after the conviction the Federal government continues to slander Charles Lynch's name. Tom Roszak, a spokesman for the U.S. Attorney's office admitted the DEA has been on an active campaign to shut down medical marijuana dispensaries in California and have successfully closed about a hundred locations. Out of those 100 locations the U.S. government has only prosecuted about four of those owners involved in those medical cannabis operations. He acknowledges the limited resources of the federal government. He says they only prosecute the most egregious cases which includes Charles Lynch selling to persons under the age of 21 years old, working "in cahoots" with doctors, and



Owen Beck, MM patient

making millions of dollars. I am not aware of any medical cannabis dispensary which prohibits adults 18-20 years old from procuring their medicine because California state law legalized medical cannabis for all adults who need it. The US government makes up information to tarnish Charles Lynch's squeaky clean image by associating him with other corruption. Among such connections the government wants to create is a conspiracy between CCCC's head of security and Charles Lynch. Charlie maintains he was never aware of the security guards misconduct until he was notified by the authorities. The security guard in question shall remain nameless for this article and his con-

duct unspecified since it has nothing to do with Charles Lynch. Roszak also indicated that Charles was "run out of town" in his previous business location in Atascadero which is a rhetorical way to discredit Charlie. He left his previous location when authorities asked him to because he has respect for authorities and wants to do the right thing. Roszak sarcastically refers to cannabis as "so-called medical marijuana". He also says it is only for "very, very ill people" and claims 18 year-old people who were not sick were coming into CCCC "dozens of dozens of times". I would like to know how Roszak (or anyone in the government for that matter) can determine the health of individuals when he is not a medical doctor, and he has not examined any of these patients. And another insult Roszak claims Charles Lynch was "in cahoots" with an unnamed doctor, though Charlie has never been formerly charged with a connection nor was any of that presented to the jury. The DEA also seems to be pushing this angle by posting pictures from said doctor's raid on the DEA's article about Charles Lynch. John Littrell, a public defender for Charlie, says he did not conspire with this doctor in any way, shape, or form.

The DEA's article about Charles Lynch, which was on their home page as a top story for a week, was full of false and misleading information about Charlie. First they claim Charles Lynch resides of Morro Bay. Charles Lynch has never lived in Morro Bay but only operated his chamber of commerce member medical marijuana dispensary within the city limits of Morro Bay. The DEA also only mentions that these charges carry a minimum sentence of five years in federal prison but neglects to mention that Charles Lynch could spend the rest of his life in jail if he receives the maximum sentencing, estimated to be between 85-100 years. In addition, Drug Enforcement Administration SAC Timothy J. Landrum uses a tech-

nique called "framing" to create a verbal association between two unrelated concepts. This is sort of like how Bush and his administration "framed" the September 11, 2001 attacks together with Iraq by mentioning both in the same sentence after the attacks. Landrum says, "Marijuana is the most commonly abused illicit drug in the United States, and more young people today are in drug treatment programs for marijuana dependency than any other drug." By utilizing a compound sentence, Special Agent Landrum confuses ambiguous statistics into one misleading statement.

Landrum employs a fallacy of implying that there is a high rate of abuse of cannabis because it is widely used, as if use and abuse are synonymous. The DEA lists cannabis as a Schedule 1 drug which means they believe it to be highly addictive. Yet science has proven them wrong time and time again. The Stanford Daily released a study proving that cannabis is less addictive than alcohol, heroin, and tobacco. Jack E. Henningfield, Ph.D., is Adjunct Professor of Behavioral Biology, Department of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine, and Vice President for Research and Health Policy at Pinney Associates. Henningfield proved withdrawals from marijuana to be less severe than withdrawals from nicotine, heroin, cocaine, alcohol and even caffeine. Not only that, but Henningfield found marijuana to be the most easily tolerated of all those aforementioned substances. Furthermore, Henningfield's research has shown dependence on marijuana to be less than any of the above mentioned substances including, you guessed it, a cup of coffee or tea.

Landrum also calls cannabis an illicit drug, but cannabis is only illicit because the Department of Justice (DOJ) says it is. They have cannabis as a Schedule 1 drug along with Heroin, Meth, PCP, and Ecstasy. Cocaine is a Schedule 2 drug which ►

means the US government believes cocaine has more medical benefits and is less addictive than cannabis (which has been proven wrong by Henningfield). Schedule 1 drugs are claimed by the DOJ to have NO medical benefit, in addition to being highly addictive. With regards to medical cannabis benefits, UC San Diego released a study proving smoked marijuana with moderate amounts of Tetrahydrocannabinol (THC), the key therapeutic component in cannabis, helps ease neurological pain. Ask anyone suffering from neurological pain, such as myself, if that relief should be considered a medical benefit and you will hear a resounding "yes". Any relief from pain should be considered medically beneficial.

The second half of the compound sentence relates to young people and "treatment" programs. Landrum fails to mention that a large majority of young people in these "drug treatment programs" get forced into the programs from the justice department for possession. The Justice department mandates "treatment" in exchange for reduced sentences or penalties. Many of these young people have NO addiction problems, just problems with getting caught with a nonlethal herb. According to Paul Armentano, a researcher and policy analyst for Norml, "spokespeople for the drug rehab industry quickly warn that marijuana 'treatment' admissions have risen dramatically in recent years, but they neglect to explain that this increase is due entirely to the advent of drug courts sentencing minor-cannabis offenders to rehab in lieu of jail." Armentano explains, "According to state and national statistics, up to 70 percent of all individuals in drug treatment for marijuana are placed there by the criminal justice system. Of those in treatment, some 36 percent had not even used marijuana in the 30 days prior to their admission." Of course the rate of marijuana rehab admissions are up because the DOJ creates these "treatment programs" and forces

people into them so that the government can say there are so many young people in the "treatment programs". Those individuals are NOT in the treatment programs for "dependency" issues; they are required by the court to attend treatment or face jail time. The DOJ and the DEA conveniently leave out this information because it makes it seem like there is a huge "dependency" problem; in reality it is just a waste of our valuable tax money. The US government and its agents are using misinformation to continue their persecutions of Charles Lynch and maintain their unjust laws.

The outcome of this trial demonstrates that the most devastating aspect of cannabis remains the Federal misclassification of cannabis as a Schedule 1 drug. The most dangerous aspect continues to be the DEA raids businesses and homes paramilitary-style, guns drawn on unarmed individuals like Charles Lynch. (He was naked, defenseless, and forced to the ground at gun point when the DEA served a warrant on his home last year). When the penalties for a drug are more dangerous than actually consuming the drug, there is something wrong. The Federal government with the aid of county sheriffs have harassed Charles Lynch in a manner designed to injure his credibility, cause grievance, and condemn him to a life of suffering. +When will this country stand up and say we have had

enough of our government's bullying? Without a doubt, Charles Lynch's prosecution seems irrational, malicious, and arbitrary by all standards except the federal government's which makes seem like a governmental persecution.

Medical cannabis patients, caregivers, growers, doctors, lawyers and supporters will protest against pot prohibition and the prosecution and persecution of individuals like Charles Lynch on October 6, 2008 outside the Federal Courthouse at 312 N. Spring St. Los Angeles, CA. October 6th is Charlie's next court date and support starts at 8 a.m. in courtroom 10 and demonstration will begin at 11 a.m. Please attend if you are in the area. ASA-LA next meeting will be September 20th, 2008 at the 3rd Annual Los Angeles County Medical Marijuana Exposition and Patients' Festival. A full day of music, special guest speakers, medical cannabis exhibitors, entertainment, celebration and fun for everyone! Taking place between the hours of 11am and 9pm at the West Hollywood Park Auditorium located at 647 N. San Vicente Blvd, West Hollywood. We will be making protest signs at the Expo. Final Planning Meeting for FREE CHARLES LYNCH, Saturday 27, 2008 1pm at LA Patient ID Center 470 San Vicente Blvd. We will show this country it cannot persecute people for scientific and medical beliefs in cannabis. ■



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Haze

Haze 19 x Skunk

Hindu Kush

Ice 

Indoor Mix

Jock Horror

K2

KC33 x MK

Master Kush

Misty 

Moroc x Afgaan

Nirvana Special 

NL x Big Bud

NL x Haze

NL x Shiva

Northern Light

Papaya 

PPP 

Shiva

Silver Pearl

Skunk #1

Skunk Red Hair

Skunk Special

Snow White 

Super Skunk

Top 44

White Rhino 

White Widow 

OUTDOOR STRAINS:

Durban Poison

Early Bud

Early Girl

Early Misty

Early Special

Four Way

Hawaii Maui Maui

Hawaii x Skunk #1

Hollands Hope

KC33 x MK

Mixed Sativa

New Purple Power

Swazi

Swiss Miss

100% FEMALE STRAINS:

Kaya

Medusa 

Northern Bright

PPP 

Snow White 

Super Girl

Wonder Woman

Venus

THE SATIVA SEEDBANK:

INDOOR:

Indigo

White Lady 

Mixed Sativa

Paia Hawaiiana

Sativa Mexicana 

Sweet Sativa Special

OUTDOOR:

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....it's still
aloud to smoke
pure hash or
marihuana inside
a Amsterdam
coffeeshop !

Some tourists inside
a coffeeshop....

Are you sure
we can smoke
in this place?

Only pure
Marihuana
or hash.

Damned those
rules...I need
tobacco now !

Then suddenly....!

Police !!
What are you
Smoking ?!

That smells
good boys !
That's pure
marihuana !

What a relief....!

Not for him.

Hey you !!
Do I smell
tobacco ?!

shit

Huh..well..
yes sir.

There he goes !

Can you believe that!
Man, I'm still shaking.

If we tell this
back home..
nobody will
believe us !

And remember..
keep it green
and let the
SMOKE RISE.
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FROM THE WHEELCHAIR TO THE STAGE

by Russell Barth

The first time I ever did stand up comedy was April 19, 1995. I know it was a Wednesday, because Wednesday is always the amateur night at Yuk Yuk's in Ottawa.

Back then, we had to call in every Tuesday morning in a multi-comic phone-race to get a spot for the following night. These days, we have to call in once a month to book just one show per month—if we get through before everyone else, that is. There is also a second club, Absolute Comedy, that opened a few years back and books a whole month in advance. Their “Pro Am” night is also on Wednesday, making for scheduling difficulties for some comics.

Back in 1995-96, I was a little difficult to book on pro shows because I had long hair and odd material, and pot humour wasn't as common or acceptable as it is today.

I got laughs though, and almost none of my act was about marijuana, except for a few jokes about fashion and Halloween. I wasn't a pot user during that period, though I had used it on and off since I was about 15. That period of my life was all about Coca-Cola and pharmaceuticals.

I was really into comedy. Even if I wasn't on stage, I was at almost every Wednesday night show and most of the pro shows on Thursday or Friday nights. With some of the other comics, we even produced some one-off sketches and a half-hour sketch comedy pilot episode called Dizzy Squid, which eventually went nowhere.

That comedy run lasted about 18 months, until the pre-bylaw tobacco smoke in the clubs and my deteriorating physical and emotional health compelled me to quit. I missed it, but shortly after that, my memory dissolved into a pill and booze-addled fog.

Somewhere between 1997-99 I was sort-of diagnosed with Fibromyalgia. Anyone who knows anything about a Fibromyalgia diagnosis knows why it takes years to get one.

In late November of 2001 I had a terrible back spasm that had me in bed for months, during which time my muscles quickly atrophied and became even more painful to use. I became tethered, but not bum-stuck, to a mechanical wheelchair for nearly five years.

I could still walk short distances, and stand for short periods of time, but any time I was standing, I felt the way most people do when they are carrying a TV: they have an overwhelming urge to sit the hell down!

I went back to the Yuk's stage once in the summer of 2002, I think it was, and did a well-received set that had a lot of medical marijuana humour in it, but consisted mostly of old material. I was in agony that night, and did my set sitting on a stool. Even with the license, pot was scarce back then, and still is.

In September of 2006, my wife and I were forced by circumstances to relocate to a different part of Ottawa. We quickly realized that it was one of the smartest things we ever did. We immediately started to sleep better and relax more. Our old neighbourhood had a problem with prostitution, noise and drug dealing, so we were glad to get out of it.

We lived about 400 meters from a mall with a health food store, so I was not only able to get some good food and good advice, I was able to walk short distances as pain allowed. ▷



Then there is the Volcano. Through my Ontario Disability pension, and because I have a pot license, I was able to acquire a Volcano Vaporizer. My wife and I used to dry bong our meds, each using about 2.5 grams (or half our prescribed dose) per day, and dosing at specific times. Neither of us likes to smoke, and we have never been tobacco users, so the Volcano was a major improvement to our overall health.

What I noticed about the Volcano was that it didn't bring the stoney buzz-ed-ness of the dry bong (which some people don't like), but it did bring symptom alleviation. To a point. I have a nearly superhuman tolerance to cannabis, so even 2.5 grams through the volcano barely takes the edge off the pain for me. It helps with the nausea and depression quite well, however, but the pain always manages to keep me splitting my attention.

In December of 2006, we started playing around with iMovie, doing stop-motion animation and other fun things, and in February, we posted footage of one of Christine's epileptic seizures on YouTube. That got us onto the second page of the Ottawa Sun, and as of July 13, 2008, the video has had over 300,000 views. We've had requests from teachers to use it in their classes, U.S. prison guards trying to help rookies spot fake seizures and have consulted several dozen people on diet and lifestyle

choices they can make to reduce their seizures or generally improve their health.

With all of these improvements, I was able to start making short trips over to the mall, first with a walker, then a cane, then, as strength and balance returned, with no cane at all.

I must digress a moment: In the past I have urged other drug law reform activists to cut their hair and shave, or generally de-groovy-ify their look in order to reach a wider audience. Let's face it, Marc Emery wouldn't get a fraction of the publicity he does if he had long hair and a beard, and some people over a certain age actually think there should be laws governing hairstyles. I have also found that most people are prejudiced in one way or another, even if they don't know it. Social conditioning (and the tireless efforts of people like Tommy Chong and Kevin Smith) have trained the average North American to completely disregard anything that comes out of the mouth of someone who looks like a hippie or a pot user.

But, despite this sound advice to other activists, I have let my hair and beard grow out to Jesus-like proportions. Why? The wife likes it, and it has more to do with my Scottish heritage than my hippie affiliations. Since most of my activist communication was in text, it didn't matter what I looked like.

But in spring of 2007, I was inspired

by the Bong Hits 4 Jesus controversy south of the border, and by the other catch-phrase, "Who would Jesus Bomb?" I thought: with a tome-thumper like Stephen Harper in office, we need to exploit this Jesus thing. But I was stumped for days.

Then my wife blurted out "Who would Jesus Stone?", a multi-layered play-on-words that works on so many levels. She immediately got to work on the costumes, while I started writing the script. Working with fellow activist Tim Meehan on camera, we did The Jesus Interview in April with Liz Bolger, who was co-organizing the Million Marijuana March in Ottawa. I was so cold that day (I am next-to-naked under that big shirt, y'know), that I couldn't get warm again for over a week. That's also why I am talking so fast in the piece.

The interview went up on YouTube in late April, as a promo for the upcoming March (May 5, 2007). We were hoping that "Jesus" could lead the march, or at the very least, address the crowd at the destination. I was also expecting death threats, arrest, or an assassination attempt. Some people take this stuff very seriously.

As for the March, I was not that involved with the planning of the actual event beyond our prank. A little bad planning and a lot of bad luck caused a number of organizational problems that day, and there was not

much of a finale. But “Jesus” got to pose for some photos with tourists and their kids in front of Parliament Hill, smoking pot, and we got some cool footage of the event.

I walked nearly 2 kilometres that day without a break, the longest distance I had walked in five and a half years. I smoked four joints in three hours to do it and my legs and back were killing me the whole time.

Reviewing the footage of The Jesus Prank (as it came to be called), and some of the other fake marijuana commercials we had produced, I realized I wanted to do more comedy. But I didn't want to go back to the same kind of comedy I did before. I felt that having my med-pot license put me in an unusual position, that I had a duty to others, and I wanted to fuse my activism and comedy. Not to use the stage as a soapbox (which is almost never funny), but as a way to inform and entertain at the same time.

In summer of 2007, I returned to the stage, but now, with two clubs in Ottawa competing for customers, it

was even more fun. But “fun” isn't really what I am about.

I saw Howard Dover bring his Green Therapy benefit show to Absolute that summer, and asked him if I could be involved in the 2008 show. Many, many, comics use pot, and many of them even talk about it on stage. But how many had actual federal pot licenses? How many talked about that on stage? None that I knew of, not even in Dover's show!

In my act, I like to draw attention to the absurd contradictions in the medical marijuana issue, and in life. I exaggerate jokes about memory and psychosis and bureaucracy in an effort to lighten an issue that I find incredibly painful. I also try to give the audience a hint of what we as patients have to go through to get a license. I really like the fact that I can videotape the shows, then put them on YouTube hours later for everyone to see. Friends and family all over the country can see me do what I do.

But there are still challenges. In early November 2007, I was deprived of a night of sleep the night before the

show, because of screwed up bearings in the elevator shaft next to our top floor apartment. I had to consult my notes several times, and I absolutely hate doing that. I used to impress people with my memory work, even when I was baked.

I also had to cancel my November 21st set at Yuk's because I had to take care of my wife as she recovered from a seizure (the third in 2007), and I bailed from the rescheduled follow-up show on the 28th because of anxiety and claustrophobia in the club before the show even started.

Even though I still make mistakes, and the material is constantly evolving, I am never anxious about performing, beyond the usual butterflies. I am confident in my material and delivery, and I am not perusing a “career” in the traditional sense, so there is very little pressure.

But I plan to keep at it. Stay tuned to rata.ca for details.

You can see all of Russell Barth's videos at <http://www.youtube.com/user/RussLBarth> ■





Inside the Mind of a Hash Smuggler - Moose's Story.

movie.moldova.org

Thought you might like to know what I got up to in the 70's. This is my story.

My experiences in Turkey are not tragic. I like to see them as a part of the reason I am who I am today, and why I stress so much that you can achieve or overcome any hardship if you set your mind to it.

Dealing with my memories has been a huge part of the process of enlightenment for me. I have had to make peace with my past, before I could move on.

I hope when you read this that you see me as a young man in his early 20s, sailing the wild seas of life.

Inside the Mind of a Hash Smuggler

It was 1977. Istanbul, Turkey. That exotic meeting point in history, where Mongols raged and armies passed. Back then it was called Constantinople.

I found myself lying on a bed in the Hotel Benson, a run-down hotel not far from the bazaar, the Grand Souk. A place for smugglers of all kinds of contraband, from guns to drugs, stolen goods, and motor vehicles, it was the latter that had brought me to my current circumstance.

I had just been released from the infamous Sagmalicar Prison, one of the most brutal and notorious pris-

ons in the world. Staffed by sadistic guards, well versed in the ancient art of torture and torment, it was a place for punishment, not rehabilitation.

I had been caught smuggling cars into Iran, and just spent four and a half months in that prison. My home for four months was a dungeon prison cell. There was no light. There was no humanity. There was no God.

As I was lay on my bed, having cleaned myself up and gotten rid of the lice and fleas, my employer, Zulphi, came to me and expressed his displeasure that I had been caught and not reached Tehran with the Mercedes as contracted. I would not be paid my fee for the trip.

Instead of being paid, my boss told me that if I took a half kilo of hash to Munich, I could keep half on arrival. Four days after being released from prison, my mind was shattered. I dug deep and knew I had to escape.

I thought to myself, "Right you cunt, I'm going to fly instead to Zurich, and keep the lot for myself!" They had betrayed me and I had suffered. I wanted out at any cost, but I wanted payback as well.

Next day, Zulphi brought the half kilo of absolute premium un-pressed Turkish hash. I packed it into the

pocket of an old Greyhound inflatable pillow that I had with me. I just ziplocked it shut and slid it into the map pocket of my Jansport backpack. This particular model had the map pocket, not on the outside of the pack, but rather between my shoulders and the pack. Effectively so that when going through customs, I would be taking my pack off for inspection if asked, and would lay it down with the frame bottom mostly out of sight. It was very difficult to tell a flap was there.

I felt no fear. I felt nothing actually. My mind was still shattered from the electric shocks I had been given and the four months in solitary. I was in no fit mental state to be making good life choices.

I arrived at the airport. Zulphi drove. Checking in, I went ahead and booked my ticket, using credit I had on a miscellaneous charges order from Pan Am. Very softly though, in an act of brinksmanship, I asked to be booked on the flight to Zurich I noticed was leaving within 5 minutes of the flight to Munich.

My drug smuggling career was launched.

As soon as I had my ticket, I was asked to hurry to the departure lounge as my flight was on last call and I was the last to board. I literally ran to the gate, past a Turkish policeman. Just as I was nearly on

the tarmac, the cop hollers "Stop!" I turn, still no fear, and see him holding my boarding pass. I had dropped it in my haste. I thanked him and shook his hand and gave him my last pack of Marlboros. He told me to hurry because the plane was waiting on me.

Takeoff, then onto Zurich. I recall the Alps in the sun. I pondered the airport and chuckled. Zulphi had always told us the Turkish Feds were fuck knuckles, and that money or baksheesh always gave you a higher rank than them. I felt supremely confident. The hash was in my bag and I was watching the hostess' ass. Oh my I recall that ass. It was the first female ass I had seen in months. Oh gosh I loved that woman.

In Zurich, I picked up my pack and headed out through to customs. I was very placid at the time, enjoying my freedom, feeling no fear or anxiety.

I pulled out a smoke, grabbed a tourist map, and just walked through the green corridor "Nothing to Declare", right past the customs officer. I then stopped and turned and asked him for a light. Then off.

Straight to the ticket counter to book a connecting flight to London. I had decided to return to Montreal, via London to sell some hash (I was broke you see) and also New York.

Takeoff from Zurich on Swissair. Oh my golly gosh, but another wonderful air hostess' ass. The Swiss I find are a little more pert than the Pan Am ass...

The sun is on my face. I'm reading and relaxing. Confident the hash will still be there in London. Then, my world fell apart. I read an article on the baggage handlers at Heathrow. They were referring to it as "Thief-row". I was instantly panicking. I was fearful that some crummy pommy baggage handler would steal my hash and spoil my day. I could not have that.

I still had no fear or anxiety about the hash. I think being new to hash and never having smoked weed, let alone hash, it meant nothing to me. So it just sat in my pack, no different than as if it were my sleeping bag. I recall thinking about the hash for the first time. It had a funny sweet smell, looked and felt and moved just like fresh brown sugar. I was a naive.

Landing in London, it was pissing down rain. I hate England. My previous experience was that it was cold, wet and expensive. And I was pissed at the Poms. This bloke had called me a "Wog" in a London pub one night, and told me to fuck off back to Australia. I am a blond haired Caucasian and not at all European looking. Makes me laugh about it now after all these years.

We raced down the stairs from the plane and across the tarmac, waiting and watching as our bags were checked over by a sniffer dog. I saw my pack on the last of 5 trolleys. Just as the dog neared the last trolley and my bag, the heavens really opened and the handler and dog retreated out of the rain. My bag was not checked.

This time I felt a tinge of anxiety, but still no fear. I was still so happy and supremely in control. I had no fear of authority. I saw it as a mental challenge, a game of sorts. I was good at it. Zulphi had taught me well.

I might toss in here that I was flying on one of 3 passports I had. All in my name, all legit. Only one was valid though. I had reported the other 2 stolen and gotten replacements. These 2 had both been altered by the smuggling syndicate, and had doctored stamps and visas, and other customs stamps removed completely.

In London, I headed to a youth hostel for some much needed rest. The hash was still all there, still just sitting in a ziplock bag inside the map pocket. The entire half kilo.

I sold 2 ounces straight away. I could not believe how eager people were to buy some of my brown sugar.

Then a major problem occurred. All air traffic controllers were on strike and no flights were leaving for North America, except for those of one airline. Laker Airlines was my saviour. Sir Freddy Laker and the first international budget airline ever. But there was a queue, and that queue went for 3 kilometres, all the way from the ticket office at Victoria Station. We worked small groups, to team up for self protection and company as the line slowly edged its way forward. The hash still sat in my pack. I was so calm and confident, I left my pack with this small group of young hippies, and went to do my ablutions, eat and just stretch. Sleeping on the pavement with drizzly weather for 3 days was no fun, but looking back it was a blast. There was this whole dynamic conga line of hippies, all returning to the US for school in the fall. And only one airline with two flights a day. ▶



In the air with Laker Airlines. my pack and the hash still safely aboard. Next stop, La Guardia Airport and US customs. I had worked out in my mind a strategy to enter through New York, and then catch a Greyhound bus to Montreal, my final destination.

I debark and head to get my pack before moving on to immigration and customs. My U.S. visa is genuine and valid. I feel supremely confident. The horrors of Sagmalicar were fading. Joy was again pervading my mind. My health was improving.

Up to Customs I go after getting my visa stamped. There was no green gate this time. Everyone must present bags. Still no fear. Absolute control.

The customs officer asks me where I was going. I told him I was off to Montreal, then on to Edmonton for the Commonwealth Games. The customs agent wished me well, and helped me to lift my pack onto my back. I must say I was ever so thankful.

Out of the airport I head, to the taxi

rank. Now I am starting to get excited. I can see the end, my goal: the Montreal Youth Hostel, a place I knew well. A place to recuperate. A place to sell my hash.

Driving up through Vermont. I recall the beautiful colours of autumn. I was nearly there. Mounting excitement.

The Canadian border at last. I go into the immigration office as I have to show my passport. It takes some time as I have to wait on the immigration officer to return from a break. I am the only international passenger on the bus. All the others are re-boarded and their luggage restowed. You see, at the border, you have to unload your bag and identify it to customs.

A half an hour passes. I am starting to panic inside. I feel fear for the first time, but I have the beast in control. I finally finish and walk out to the bus. There, by the bus, is my pack standing alone ready for loading, right between to customs officers and an RCMP officer. I just crashed inside when I saw this. The reality and magnitude of the adventures of a drug smuggler came haunting me.

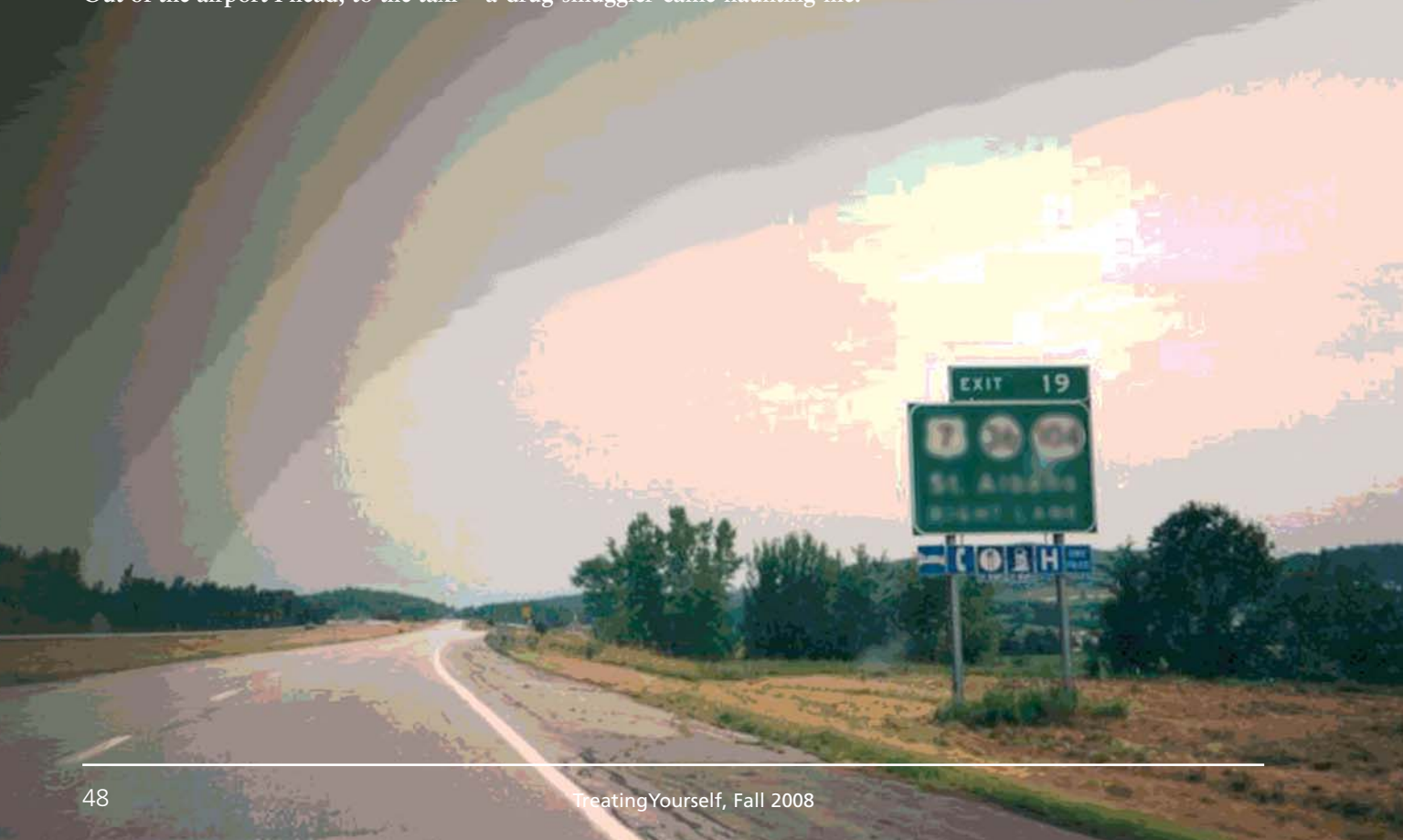
I thought, "How unfair! To have come all this way, just to get busted at the border."

I walked towards my pack and the bus. I put my shoulders back and put on my smugglers guise. Zulphi truly had taught me well in the arts of smuggling. It was a game. A challenge. The memories of the horrors of Sagmalicar oddly absent from my mind. An ominous portent though of what was to come in my mind 20 years on.

I picked up my pack and was unsure what was going down. Then the RCMP officer told me to shake a leg and get on the bus. I had made them late! My legs pumped up the stairs and I sat into my seat. That short ride to the terminus from the border was and is the most special bus ride I have ever taken in my life.

I trudged up the stairs to the Youth Hostel in Aylmer Street, and for the first time in nearly 5 months, I felt safe. I felt no fear. I had been paid in full for my epic car smuggling run from Munich to Tehran.

Namaste! ■

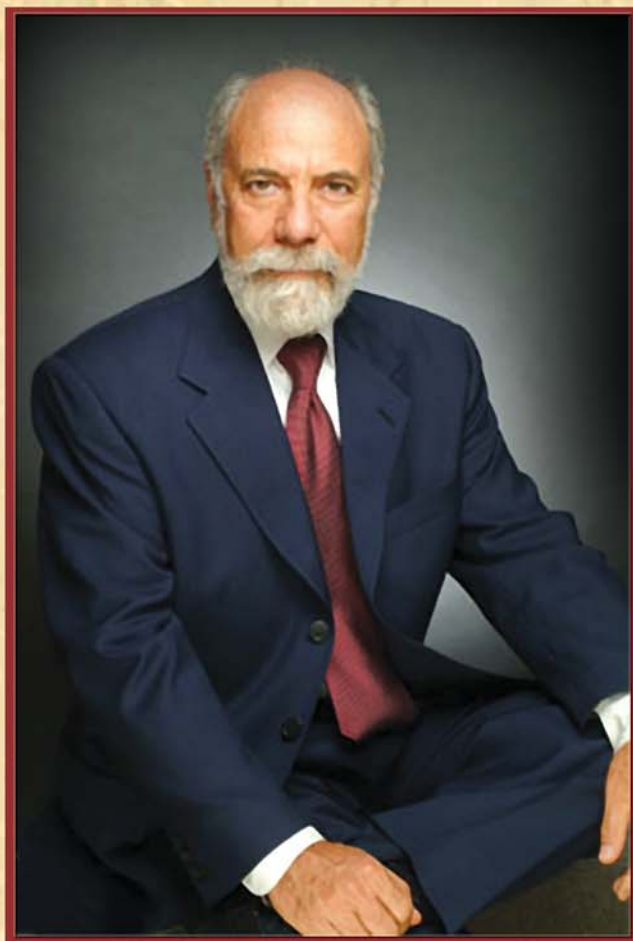


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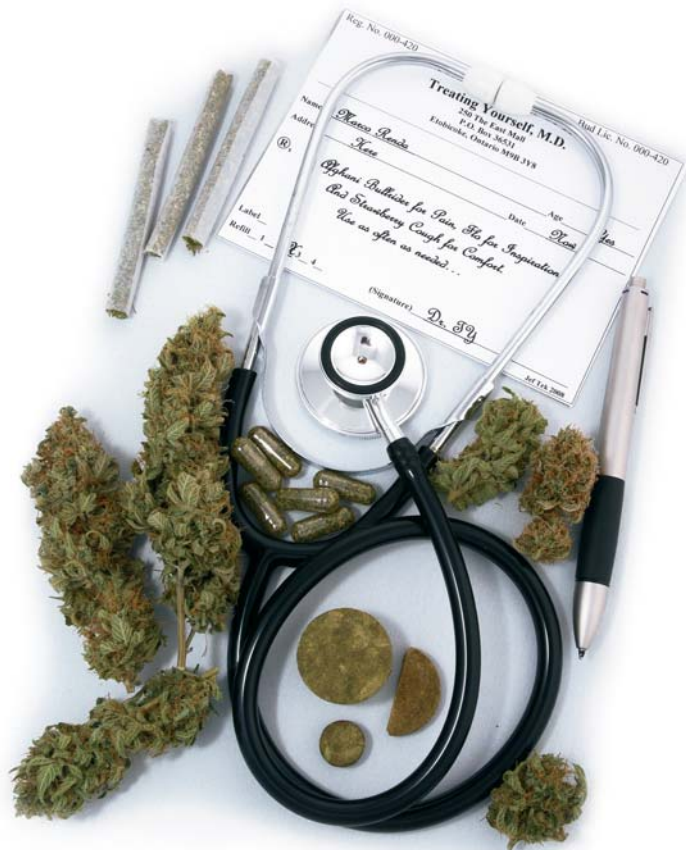
Some of you may remember an article I did a while back reviewing Ethnogarden Botanicals. I had a chance to talk with the owner once again and wanted to share with you some of the recent additions and improvements to their product line.

To start with, Ethnogarden Botanicals has worked out a contract with the Bwiti of Gabon in Africa to supply the company with “ritual” grade (6% alkaloid content) **Tabernanthe iboga root bark**. The root bark is harvested from the Bwiti's generous plantation and thus is not depleting wild populations of the plant. The proceeds from this arrangement go back into a Bwiti community of approximately 50 families to improve community infrastructure and educational facilities. Tabernanthe iboga is central to the practice of the unique form of Bwiti Christianity. Alkaloids isolated from this plant—for instance, ibogaine—have the potential to facilitate recovery from opiate addiction.

Another interesting addition to the Ethnogarden Botanicals' stock is an extract from the African plant known as **kanna (Sceletium tortuosum)** containing 80% mesembrine. This extract is available in a liquid delivery system at a concentration of 5mg/ml. Mesembrine is a short-acting SSRI that, unlike long acting pharmaceutical SSRIs such as Zoloft and Effexor, does not appear to produce the intense addiction or with-

drawal symptoms observed with the pharmaceuticals. As such, this kind of standardized mesembrine preparation may offer new hope to those who suffer from depression and anx-

iety yet are reluctant to subject themselves to the unpleasant and potentially-severe side effects of the pharmaceutical SSRIs.



Tabernanthe iboga tree and root bark



Kanna -Sceletium tortuosum plant and powder





Kratom Indonesian fine grind



Rivea corymbosa



Kratom Indonesian fine grind and leaf

Ethnogarden Botanicals has also expanded the variety of kratom alkaloid preparations offered. To start, Ethnogarden Botanicals now offers **kratom leaf** of a quality far surpassing that commonly available elsewhere on the net. It is suggested those researching whole kratom do not attempt to administer more than 8g of this leaf as the results are too powerful and intense. According to Erowid, this qualifies the Ethnogarden Botanicals kratom leaf as “Super Grade” or top-quality leaf. Extracts derived from this superb source material have also been made available. These include powdered alkaloid extras ranging from 7% mitragynine to 91% mitragynine HCl, with the 75% total plant alkaloid (45-55% mitragynine) extract producing the most potent effect directly comparable to that observed with the whole plant matter. Ethnogarden Botanicals offers liquid preparations of the pharmacologically more effective 7-HO-mitragynine and 7-AcO-mitragynine kratom isolates. Both are analgesic in nature however 7-HOM produces a bit more stimulation while 7-AcOM produces strong sedation. Ethnogarden Botanicals also offers four other analgesic liquid preparations which combine kratom isolates and derivatives with analgesic/sedative isolates from *Corydalis yanhusuo* and *Glaucium flavum*. The subtle variations in these preparations allow for more targeted applications in analgesic research.

Finally, those suffering from migraines, especially cluster headaches, may be interested to know that Ethnogarden Botanicals sells *Rivea corymbosa* seeds, historically known as *ololiuqui*. For those looking to research the use of LSAs in the treatment of cluster headaches, **Rivea c.** is a superior source when compared to either the more common morning glory seeds or Hawaiian baby woodrose (HBWR). *Rivea c.* and morning glory seeds are of similar size but where the effective cluster headache treatment dose for morning glories is between 100 and 250 seeds, *Rivea c.* is effective at only 50 to 80 seeds. Although only 3 to 6 HBWR seeds are required, they are significantly larger and have a tendency to produce more nausea than *Rivea c.* due to a cyanitic fuzz which must be removed from the outside of the HBWR seeds before use. HBWR also have a significantly higher risk of toxic response. One preparation for treating cluster headaches that members of clusterbusters.com have reported good success with is to soak approximately 65 ground *Rivea c.* seeds in a glass of wine for 24 hours before straining and drinking. Red wine appears to be particularly effective for this infusion. The *Rivea c.* seeds offered by Ethnogarden Botanicals are harvested in Mexico with proceeds going back to improving conditions for the local natives.

Natural Universe, Inc.

Recently I was introduced to Natural Universe, Inc., a new Canadian company that offers branded wholesale products similar to those found at Ethnogarden Botanicals. The brands offered by Natural Universe, Inc. are intended for retail sale at Canadian stores whose product lines include aromatherapy, incense, herbal preparations, et cetera. In general, the products offered by Natural Universe, Inc. appear to be used for incense and aromatherapy.

Products containing kratom are most plentiful at Natural Universe, Inc. The most economical of these is probably the “Indo” (for Indonesian) super grade powdered kratom leaf. Natural Universe, Inc. also offers several well-designed mixes of kratom essences, sold under the brand Kratom Cosmos and targeted to specific needs. These range from the straightforward Kratom Tranquility and Kratom Energy to the more obscure Kratom Synergy, which contains a powerful kratom derivative that significantly boosts its effectiveness. For those wishing to experiment with their own balance of kratom essences Natural Universe, Inc. also sells 3 different individual kratom essences under the brand Kratom Essence. Finally Kratomxxx is an 85% kratom alkaloid powdered extract claiming the strongest product of its kind available on the net.



Natural Universe, Inc also offers several non-kratom related products. Many of these are sought-after in the U.S. but are hard to come by. To this end, Natural Universe, Inc. is unable to send several of these south of the border—sorry U.S. readers. These include the incense brand Spice. Natural Universe, Inc. carries Spice Gold and should have the new Spice Diamond by time of print. The Diviners Elixir is another product for which shipping restrictions to certain locations may apply. This product is a liquid *Salvia d.* preparation but, unlike most other products of its kind available in the past, this one does not utilize whole plant extract but rather contains a 95% refined essence. This results in an unparalleled quality. The last two products so far available at Natural Universe, Inc. are the relaxing Dominexxx and the soon-to-be-released stimulating Energexxx incense blends. For those interested, Natural Universe, Inc. also has plans for a subdivision dedicated to wholesale distribution of Spice-brand products within Canada. ■



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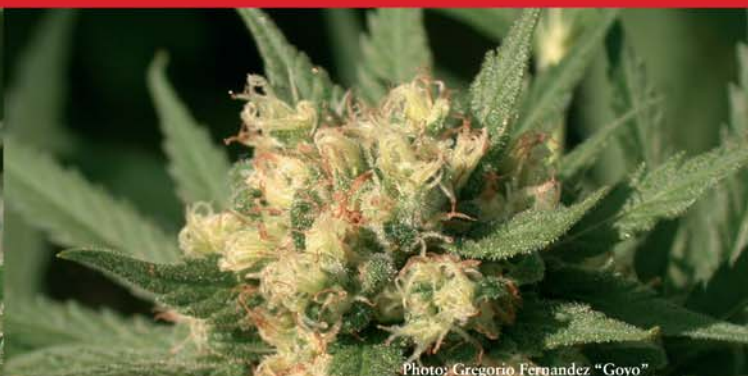


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Getting high & staying healthy

How to Reduce the Health Risks of Smoking Marijuana

by Mark Mathew Braunstein

Mark Mathew Braunstein is the author of the books *Radical Vegetarianism* and *Sprout Garden*, and a frequent contributor to holistic health magazines, including *Natural Health* and *Vegetarian Times*. For the past 12 years, he has served as the poster child for medicinal marijuana in the State of Connecticut, yet remains at large. As a paraplegic who walks with crutches, his marijuana use is medicinal for below the waist, and recreational above. For a free PDF of this article, contact Braunstein at [cannabis.sativa\[at\]sbcglobal.net](mailto:cannabis.sativa[at]sbcglobal.net)

Smoke and Mirrors

All drugs pose risks. Whether medicinal or recreational, whether herbal or pharmaceutical, whether legal or illicit, all drugs pose risks. Four of marijuana's risks are: First, and worst, the threat of arrest; second, greater potential for respiratory illness. Third, possible short-term memory loss, and Fourth—I can't remember the fourth.

Marijuana itself hardly compromises your physical health, and if you suffer from nausea, spasms, chronic pain, or loss of appetite, marijuana actually can be beneficial. But inhaling the smoke of incinerated marijuana can compromise your health. Marijuana is a natural drug, yet smoking it is an unnatural act.

Unnatural compared to what? Pills are unnatural drugs, and swallowing without chewing them is an unnatural act. A night view of a pharmaceutical factory with its fiery furnaces and belching smokestacks looks like a scene portrayed by Dante in his *Inferno*. And those poor folks who live downwind of the factory can attest that pharmaceutical smoke is more harmful than marijuana smoke.

Smoke in any quantity and from any source irritates the respiratory tract. Smoke is the archetypal smoking gun, minus the gun. Smoking is bad news. What's worse, it's not even news. You might willfully ignore the facts about smoking, but you'd only be fooling yourself, because no subterfuge of smoke and mirrors can fool your lungs. While eating broccoli might prevent cancer, smoking broccoli probably can cause it. Eating smoked foods definitely is linked to stomach cancer. Even incense, which fools the nose, fouls the lungs.

Coughs and Colds

Except for the cannabinoids in marijuana and the nicotine in tobacco, the two herbs are quite similar. As smoke, both contain tar and carbon monoxide. In fact, puff for puff, pot smoke contains more of both. As smoke, both can narrow your air passages and thereby reduce lung capacity. As smoke, both can cause chronic coughing and spitting up of phlegm. As smoke, both can cause cellular damage to the lungs, impairing your resistance to infections by fungi and bacteria and viruses, in turn increasing your susceptibility to bacterial pneumonia, viral colds and

flu.

Tobacco smoke is a direct cause of emphysema. But research shows that marijuana smoke does not cause emphysema. Tobacco smoke can cause both acute and chronic bronchitis. Marijuana smoke is more likely to cause acute bronchitis rather than chronic, but both usually can be remedied simply by reducing or temporarily stopping smoking, essentially quitting while you're ahead. Coughing while smoking? Then you've just smoked too much. Coughing after smoking? Then you've been smoking too often.

The most compulsive smoker's dose of pot amounts to the volume of roughly two cigarettes of tobacco a day. Most recreational smokers indulge just once or twice a week, the equivalent of barely two cigarettes a month. What a big tiff over such a little puff! And most medicinal users medicate just once or twice a day. The most indulgent cases can be tallied among glaucoma patients, some who administer the cigarette equivalent of two packs of day. For them, smoking marijuana indeed poses severe respiratory risk.

For the rest of us, however, the dan-▷

Reader advisory:

Reading about cancer could possibly cause you to worry about cancer, and worrying about cancer could possibly cause you to get cancer. So if you already are worried about cancer, please be advised to skip the next two paragraphs.

1) Some medical reports (not studies) link heavy marijuana smoking with risk of mouth, throat, and esophagus cancers, especially for frequent users under 40 years old, an age group among whom such cancers are rare. Some studies do link marijuana smoke with lung damage. While no studies have shown yet a direct link to lung cancer, this could be because as large organs, the lungs require longer and greater exposure to smoke in order to develop sure signs of the disease. Anecdotal evidence does indicate that '60s hippies now in their sixties who do not smoke tobacco, but who still are casual smokers of marijuana, show no higher incidence of lung cancer than their peers who smoke neither.

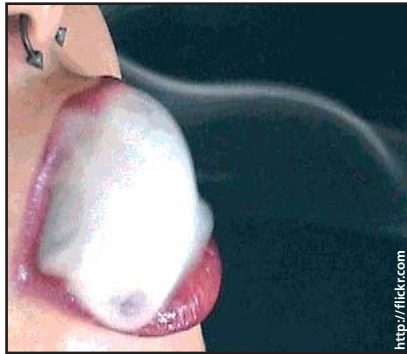
2) Meanwhile, every year 400,000 Americans and 46,000 Canadians die from lung cancers or related diseases attributed to long-term tobacco addiction. Some marijuana users do become addicted psychologically ("I can't enjoy a movie unless I'm stoned!"), but none physically ("I can't go the movies, because I'm not stoned!"). Few ever suffer from an overdose ("I can't go to the movies, because I'm stoned!"), and no one has ever died from an overdose ("I can't go to the movies, because I'm dead!"). No one. Yet every year, 50,000 Americans die from overdosing on alcohol, and 7,000 from overdoses of non-prescription analgesics. Painkillers that kill.

So if you do smoke marijuana, don't worry! Because worrying can cause you more harm than smoking. And while you're at it, relax! Make the very act of smoking ceremonial, similar to yoga and meditation, and thereby instill 15 or 20 minutes of calm into an otherwise stressful day. So among your daily average of 25,000 breaths of air, do not worry about 25 tokes of smoke.

gers of perpetually breathing city smog (cough!) every minute (asthma!) of every day (emphysema!) pose greater health risks than does smoking marijuana. Still, some safeguards can further minimize marijuana's risks.

Potency and Purity: Don't Hold Your Breath!

Trying to smoke marijuana without the actual use of marijuana may be legal and healthful, but produces predictably disappointing results. So let's first discuss the marijuana.



POTENCY

To reduce lung irritation, simply **reduce smoke inhalation**. Such a simple equation seems self-evident. So sift out low- to no-potency twigs and seeds. Brew the twigs into teas. Grow the seeds into weeds. (Do separate the THC-rich thin, green, fuzzy, outermost skin from its seed.) And remove any small stones. Numerous studies have proven that stones contain no THC, so stones do not get you stoned.

When given the choice, **choose bud over leaf**. Leaf averages only 1 to 2 per cent THC, bud averages 3 to 5 per cent. Some more potent strains of unfertilized female bud (known as sensimilla) traditionally had reached 10 to 11 per cent, but recently improved methods of hybridization have produced strains with increased scores. And driven indoors courtesy of the War on Some Drugs, home cultivators have installed intensive

lighting systems that extend "daylight" hours and lengthen growing seasons. Recent strains grown indoors are rumored to max out at 22 per cent ... and still counting!



Everyone talks about such **highly potent strains**, but same as for ghosts and gods, few of us ever see them. Many of us see a lot of leaf, so use the leaf for cooking, and save the bud for smoking. The health equation is obvious. The more potent your smoke, the less you'll toke. High power flower medicates you to the same level, or elevates you to the same peak, but with less huffing and puffing. Sensemilla makes sense to me-a, and should make sense to you-a too.

Hashish does usually fulfill the goal of a more potent puff, but comes with several caveats that effectively eliminate it from consideration as a more healthful drug. As a concentration of the resin, hashish lacks the other constituents found in the fibrous portions of the bud that contribute to the total marijuana experience. Thus both its medicinal and its recreational effects are quite different from marijuana when consumed whole. It too easily allows an overly eager consumer to pass beyond the stage of feeling pleasurable high and instead to descend into the stage of feeling uncomfortably drugged. The resin rarely is unadulterated, but is pressed together with binders that possibly contain contaminants. You never really know what you're getting, and when you finally put that in your pipe and smoke it, higher and harsher temperatures are required for combustion of hashish

than for marijuana when smoked whole.

So back to good ol' marijuana. Store your prized herbal medication in such a way as to assure it retains its potency. If purchased, the herb probably came packaged in a plastic zipper-type food storage bag. That is only a first line of defense. Such bags are waterproof, but not airtight, else its sweet aroma would not penetrate beyond the bag. Place that bag inside another, this second one an "oven bag," marketed for roasting dead meat inside an oven. Such bags indeed are airtight.



<http://isyourworldflat.blogspot.com>

Bags hardly protect the delicate herb from being crushed, however, so place the double-bag inside a rigid and airtight container such as glass or Tupperware-type plastic. Keep the bud whole to keep it fresh and thereby retain its potency. Next, store the rigid container in a cool, dark place. Refrigerators are fine, and freezers are better. Kept frozen, herbs lose little potency. But be advised that fridges and freezers often are the first and second places where cops and thieves search to confiscate or steal your stash. So here you should be both imaginative and inventive, and with one extra precaution.

Do not store your stash in an area of your home, for instance an unfinished attic or cellar, that in the coldest winter months is exposed to night and day temperature fluctuations sufficient to freeze and thaw, and refreeze and re-thaw. Such extreme fluctuations cause herbs to crumble, with a similar consequent

loss of potency as from being crushed. Just look at the effect of seesaw freeze and thaw on asphalt roads when water and ice are added to the mix. In this context, pot holes are quite the opposite of whole pot.



<http://exoticanimallover.com>

PURITY

If given the choice, **go organic**. Compared to a melon or a mango fertilized with chemicals, sprayed with pesticides, and preserved with fungicides, an organically-grown fruit should taste better, and usually does. Ditto for organically-grown marijuana. Chemical fertilizers such as ammonium nitrate, the active ingredient of the Oklahoma City bomb, can truly blow your mind.

Be especially vigilant for pesticides. Marijuana is a costly crop to risk loss to insects, so some gardeners insure against losses with heavy doses of insecticides. Is your marijuana on drugs? Until you can send a sample of your stash to a test lab, conduct some crude drug testing at home. Crush a raw bud between your fingers. Its aroma should conjure images of the verdant rainforests of Hawaii or British Columbia, not the petrochemical refineries of New Jersey or Montreal East. Its aroma should almost "taste" good. Still, the proof is in the puffing.

The varying aromas of the smoke from different strains is subtle, and smoke from any source tends to numb nasal passages. So don't expect to smell it while you're smoking. Instead, trust your throat and your head. If just a little puff causes you to cough, or if a little too much gives you a headache, don't blame

the herb, blame the chemicals. And here should be emphasized health safeguards regarding the actual act of inhaling smoke. Breathe deeply if you want, but do not hold that breath. Once the delicate membranes of the cilia of your lungs are coated by the air and smoke, no amount of holding your breath will provide any greater effect. Instead, it only further irritates your lungs. Cannabinoids are fat-soluble and so are quickly absorbed through the lungs. Tars, however, are not fat-soluble, and are absorbed more slowly. So take it easy, and breathe easily. Don't hold your breath!

Scientific studies have proven that holding your breath is a waste of time and a useless gesture.



ROLLING PAPERS

Taking an Active Roll

Commissioned by the high commander in America's losing War on some Drugs, the Institute of Medicine's (IOM) 1999 report on medicinal marijuana surprised proponents of the herbal remedy by its accuracy and advocacy. The IOM study, however, cautions on page 126 that, **"As a cannabinoid drug delivery system, marijuana cigarettes are not ideal."**

Rolling papers both hold the marijuana (as does a car's fuel tank) and hold back its combustion (as does a car's carburetor). **The thinner the joint (the cigarette), the more room to breathe.** But two thin joints compared to one thick require two sheets of rolling paper rather than one ▷

sheet. With practice, one sheet can get you rolling. Papers, however, offer no psychoactive nor medicinal effect. Even a single sheet needlessly adds to the toxic load, especially of tar. So trim the two corners facing you where you start rolling, and in two ways, you will be cutting corners.

In a study funded jointly by the Multidisciplinary Association for Psychedelic Studies (MAPS) and the California chapter of the National Organization for the Reform of Marijuana Laws (NORML) and reported in 1996 by Dale Gieringer, Ph.D., preliminary research showed that the marijuana in the roach end (the butt) filters out tars streaming from the marijuana in the ember end, and does so more effectively than does a water pipe. So far so good. But the study failed to take into account that such good news turns bad when eventually you smoke the roach down for all that it's worth.

The joint study also noted the benefits of a joint in its being air-cooled on all sides, as rolling paper serves to aerate the smoke before it reaches your mouth. Although rolling paper made from hemp was not yet available in the mid-1990s and so not tested, this explains today why hemp is a troublesome rolling paper. Compared to traditional fibers for rolling papers, hemp is much thicker and less porous. Joints made with hemp rolling paper snuff out easily, thus requiring multiple ignitions. So save hemp for writing paper for your letters to legislators in advocacy of the re-legalization of marijuana, and **resort to the more traditional fibers for rolling papers.** Cotton and rice, and tree-pulp are nice.

Just as most joints start out smaller than tobacco cigarettes, most roaches end up shorter than cigarette butts. Thus the burning ember of marijuana dangles perilously close to your fingertips and to your lips. Burns are not conducive to good health. Filter tips can safeguard

against such a health hazard, as well as filter out much tar and most ash. Unfortunately, they also filter out some cannabinoids. You end up smoking more, thereby canceling out the benefit of the filter tip.



Filter tips minus the filters are called **smoking tips** and do serve to prevent burns. Smoking tips are quite popular in Europe. While smoking tips are commercially available, smokers generally roll their own from strips of thin non-corrugated cardboard, such as found in the outer packaging for near-at-hand rolling papers and matchbooks, or from heavy stock paper such as for file cards. Trim a piece to the width of a cigarette filter and to a length maybe three times its width. Next, roll it into a coil, as for sushi. Apply pressure with your fingertips to retain the smoking tip's coil shape. Moistening it with the tip of your tongue can help to keep it coiled. Then place it into the rolling paper, before rolling, at one end which will be the mouthpiece. This traps a bit of tar and ash, and becomes the leftover roach that you trash when done, sparing you the expense of discarding marijuana.

A sort of exterior smoking tip that you do not discard with each joint is the long, slender cigarette holder, similar to pipe stems. But inserting your joint into a holder is like holding up your pants with both suspenders and a belt. You might as well omit the paper and use only a pipe.



PIPE

More than Pipe Dreams

Smoke, by character, is hot and dry.

Smoke dries out your mouth and throat, making you more susceptible to colds and flu. Desiccated air from indoor heating, which dries out your nasal passage, mouth and throat, contributes to the higher incidence of such diseases in winter. **A pipe, especially its stem, cools down the smoke** before it reaches your mouth. The longer, the cooler. The bowl and the stem trap tar, which condensates along their walls. Especially when you keep the mouthpiece elevated above the level of the bowl, the sticky tar in turn traps some ash. Scrape off this tar regularly, not just when your pipe becomes clogged. An additional benefit of a long stem is less smoke in your eyes or embers on your lap.

Arm's length is long enough a stem for anyone to handle. The long stem should be segmented for efficient cleaning and convenient storage. You can piece together long stems from several metal segments available piecemeal from most smoke shops. But metal imparts an unpleasant metallic taste to the smoke and is heavy to lug. Wood, a natural fiber, imparts an agreeable aroma, and is lightweight. Despite a diversity of pipes sold in smoke shops or from the pages of this magazine, segmented long-stemmed wood pipes are rare finds. Asian Indian import stores often stock them. Or try some musical improvisations. Try taping closed the finger holes and inserting a bowl at the end of an inexpensive wooden flute. Or perhaps try drilling and carving one yourself. Two drumsticks, hollowed out and joined together, will attune you to a different drummer.

Here it should be noted that when you engage in the unhygienic act of sharing a joint, pipe or vaporizer with friends, you also share some fresh saliva if someone is sloppy about it. Saliva can harbor bacteria and viruses that transmit a host of contagious diseases, plus is just gross. In this situation, the notion of sharing should be discredited. In other words, don't pass that joint!

Instead, pass around a segmented pipe, having distributed the segments to your circle of friends. Everyone shares the same bowl, but participants smoke from their individual segments applied to the communal bowl when it comes their way. Think hookahs with one single bowl but several tubular stems.

Pipes on the commercial market are made of glass, wood, corn cob, metal, stone, and ceramic. Fragile glass can break and shatter, and cuts are not conducive to good health—and people who live in glass houses should never get stoned. Wood, especially hardwood, is ideal for stems, but not for bowls, at least initially, because wood burns. Wood thus requires an initiation ceremony in which an empty bowl is puffed upon but not inhaled. Where there's fire, there's smoke.

Corn cob burns way too easily. Sometimes its outer shell, coated with varnish, is flammable and can ignite along the rim of the bowl. Corn cob's low cost lends itself to throwaway one-time use when you travel, but its first use can be its worst.

Metal bowls are non-flammable. Smoke shops sell them piecemeal the same as metal stems. Take care because metal conducts heat, which can burn your fingers, and burns are not conducive to good health. The safest bowls are inert ceramic or stone-dead stone. Smoke shops stock soapstone and sandstone pipes, but with short stems. So construct a hybrid of your own of long segmented wood stem, and stone or ceramic small bowl. The traditional Moroccan sebsi with its long wooden single segment stem and small clay bowl

exemplifies this. Heads up, head shops! Are you listening?



WATERPIPES

The Big Bong Theory

As a teenager, you very likely started smoking marijuana when still living at home with your parents. Even if your parents were tolerant enough about teenage drug use to not chastise you for your many youthful indiscretions, prudence dictated that you hide your stash anyway. Part of your hidden treasure probably included a pack or two of rolling papers and maybe, just maybe, a pocket pipe made of soapstone or metal or wood.

Upon leaving home for your first full-time job or for your freshman year in college, part of your rite of passage probably included the acquisition of your first bong for your new pad or your new dorm room. Of course, the smoke shop from which you purchased it could probably not call it a bong, but simply a waterpipe, as the proprietor could not condone its use for anything but tobacco. Wink, wink.

Your new waterpipe, in addition to the bragging rights it bestowed upon you, enabled you to indulge in some serious smoking, because now you were being kind to your lungs, oh joy. The water cooled and moistened the otherwise hot and dry smoke. And the water even purified the smoke, trapping much of the ash, some of the tar, and other untold contaminants. Just hearing the bubbling effect was reassuring to your ears. And just smelling that malodorous water was reassuring to

your ego when you were done and dumped it down the drain and rinsed out your waterpipe. Gosh, that stink in the sink was bad enough to make you want to never smoke again, or anyway never smoke with anything but your trusty waterpipe. With its use, you were doing your lungs a big favor. Or so you assumed.

Turns out your assumptions were only partly correct.

Yes, waterpipes are cool. Waterpipes do cool the smoke, but do not moisten it. Long-stemmed pipes also cool it, and also do not moisten it. But you never expected your long-stemmed pipe to moisten the smoke because after all it has no water. The power of suggestion is strong, especially to impressionable young minds. The water in the bong tends to make people believe that the smoke bubbles gathered some moisture along its route from the small bowl to the big mouth. However, chemical analysis of the smoke exiting the waterpipe proves otherwise. The mere presence of water does not necessarily impart any steam.

Although smoke bubbles gain no moisture from the water, the water does trap from the smoke bubbles a goodly amount of bad substances, namely most particulate matter (ash), some water-soluble toxins such as hydrogen, cyanide and hydrocarbons, and some tar. Usually you filled your waterpipe with cold water, right? Cold water cools the smoke, this is true. But according to Lester Grinspoon, MD, PhD, professor emeritus of Harvard University Medical School and author of the two seminal books *Marijuana Reconsidered* and *Marijuana: The Forbidden Medicine*, hot water better traps the tar. A dual-chambered water pipe would be ideal, with the first chamber filled with hot water, and the second chamber with cold. Of course, most waterpipes provide only one chamber, so here's a hot tip! Fill your single-chamber waterpipe with hot water, not cold.



Until the MAPS/NORML study cited earlier, almost all research upon waterpipes was conducted with tobacco, not with marijuana. The MAPS/NORML study was conducted with marijuana and found that waterpipes filter out proportionately more psychoactive THC than tar, which is more THC than anyone had previously suspected. As a result, waterpipe users end up smoking more, and therefore more tars—not fewer—to reach the desired effect. Any potential benefit of using a waterpipe is thereby cancelled out.

The study results surely are disappointing to waterpipe smokers who prefer the milder smoke and who had assumed it also was more healthful. But wait! All is not lost. To replace your waterpipes, you can resort to the latest generation of vaporizers.



VAPORIZERS Don't Go Up in Smoke

So-called vaporizers do not create true vapor, but instead produce smolder. The words smolder and smolderizer do lack marketing appeal, so manufacturers adapted the word vaporizer, previously associated solely with a device that emits steam vapor into the room of a convalescent ailing from a respiratory illness. The smoldering type of vaporizer is surrounded by much hype, smoke and mirrors, though maybe without the smoke.

Paper made from tree pulp burns at temperatures 451°F and above, hence the title of Ray Bradbury's Fahrenheit 451, a novel about firemen who burned books. Cannabis

burns at temperatures above 460°F (238°C). But cannabis volatilizes at temperatures between 266°F and 446°F (130°C and 230°C). Vaporizers volatilize the herb, rather than burn it, so such devices very well could have been called volatilizers, and to Webster's satisfaction. But the misnomer vaporizer is here to stay.

The first generation of marijuana vaporizers marketed during the early 1990s were primitive and ineffective. In other words, they sucked. And in order to keep them lit, you sucked too. Some were short stubs of soldering irons stuck with toxic glues to ceramic bases, or seemed simply to be inverted car cigarette lighters. To the irritation of impatient patients, the herb took many lengthy minutes to begin to volatilize. Vaporizer? More like, evaporator.

Once the herb finally began to volatilize, it promptly snuffed out unless you kept at it, nearly hyperventilating, making inhalation a real workout. Some models emitted foul odors, and the medicinal and psychoactive effects proved elusive and disappointing. Their promise for lowered health risk was realized only because you abandoned them in frustration. No use, no risk.

Most of us who tried those early models became unreceptive to any future advancements. Yet advanced they have. Now in the new millennium, second generation late model vaporizers offer features such as adjustable temperature control, automatic shutoff when temperature exceeds a predetermined limit and battery-powered operation. Other models come with strings attached, the power cords. And all these models come with hefty price tags attached.

Manufacturers claim, and user testimonies for specific models seem to confirm, that smolder delivers the cannabinoids much more efficiently than does smoke. In theory, you need less herb for the same effect and, after extended use, will be com-

pensated for the initial cost of the vaporizer. The right models potentially save you money, and, more importantly, save your lungs. Their main selling point is this: puff for puff, **smolder is considered less harmful than smoke.**

Depending upon the brand of vaporizer, upon analysis the cannabis smolder might contain as much as 90% cannabinoids. That means none of the tar or noxious gases such as benzene, toluene, and naphthalene, far less carbon monoxide, and a scant percentage of a few other unwelcome components that otherwise are found in cannabis smoke. THC is the crucial cannabinoid upon which cannabis' psychoactive effects most depend, but most models of vaporizers deliver an unusually low proportion of the available THC. Most models instead deliver unusually high proportions of the available cannabitol (CBN) and cannabidiol (CBD), upon which cannabis' medicinal effects most depend. **Thus most vaporizers are more useful to pot patients,** but less appropriate for potheads.

It's much a question of brand of vaporizer. Just as the effects of the same sample of herb when smoldered may differ than when burned, it also may differ from one vaporizer to another, and may even differ from the same vaporizer when adjusted to two different temperatures. While many marijuana users still state a clear preference for the effects of smoke compared to smolder, regardless of the model used, advocates for vaporizers suggest that such smokers simply have tried the wrong models.

So which are the right models most likely to deliver the cleanest tokes in town? It's wise to discount review articles in magazines in which the product reviewed is also advertised. That's a valid admonition whether the product is a digital camera, a hybrid car, a bar of soap, or a lump of coal. As yet, Consumer Reports has not tested and rated the many models of vaporizers currently on

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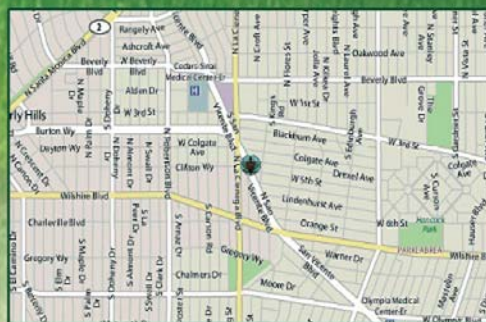
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See winners on pag. 162



the market, nor is it likely to do so anytime soon. Nor has this author. The best advice? Try before you buy. Find a friend who has one with which he or she is satisfied. In order to compare its results from vaporizing, you must provide the herb whose attributes you already know from smoking. Among many variables, this much is certain: neither smoke nor smolder belongs in human lungs. Surely even the best of vaporizers still pose some risks.

A great leap forward in technology beyond vaporizers is found in an oral misting device being brought to market by GW Pharmaceuticals (gwpharm.com – be sure to view the obscure sub-sub-menus under the heading Research and Development). They call their spritzer a nebulizer, which delivers their cannabis extract called Sativex. Both names might alert us to some of the hocus-pocus surrounding vaporizers. But unlike some vaporizers, GW's Sativex nebulizer actually works. The spray is directed under the tongue, and effects are noted within three minutes, same as for smoke. Sativex already is available by prescription to cancer and MS patients in Canada. Hey, FDA of the USA, do you hear that?

But here's the catch, or two catches. Sativex is predominantly an extract of cannabidiol (CBD), with only enough THC included in order to moderate the sedative properties of CBD. Sativex consequently is of little value to recreational users, who well may wonder, what is GW doing with all of its surplus THC? Furthermore, Sativex is "standardized in composition, formulation, and dose," is administered from a non-refillable mechanical device, and is medically prescribed, so involves doctors, pharmacists, health insurers, and government administrators. All this comes with a big price tag. Dose for dose, Sativex costs more than black market marijuana. If you grow your own and compare the cost effectiveness of whole cannabis to Sativex extract, Sativex can't hold a candle to marijuana.



LIGHTERS, MATCHES, CANDLES AND SCREENS

Light Pollution

No scientific study sheds any light upon the health hazards of lighters and matches. Still, the noxious fumes of these ignition systems inform us that it is a safe assumption that they are unsafe. The aforementioned reported cases of mouth and throat cancers potentially were caused by the incendiary devices instead of or in addition to the marijuana. Research someday may prove this hypothesis. But what government agency might fund such research?

Lighters fueled by petroleum distillates are subminiature flamethrowers that belong in a soldier's armory, not in your pocket, purse, or face. **Your first toke, when you suck in the fumes from the combustion of butane, surely is more harmful than the rest of the joint or bowl.** Lighten your toxic load, and discard that lighter.

Matches are potentially safer. In theory, you can wait for the enflamed sulfur-tip to burn out before you hold the match to your med. In practice, however, that toxic-tip still glows even as the shaft nearly burns your fingertips. Beware that first toke! Even if you patiently wait for that sulfur-tip to burn out, because you are nearby you still potentially inhale it as second-hand smoke. So while waiting for that match to burn down, hold it away from your face. Indeed, because hot air rises, hold it above your head.

A pipe can multiply the problem. Smoked leisurely, and especially during solo sessions, marijuana snuffs out frequently, requiring several light ups per bowl. That's toxic buildup. So here's a tip about sulfur-tip

matches: avoid them! Use just one, not to light your pipe, not to curse the night, but to light a candle.

Candles are true drug paraffin-alia! Light a candle, stoke up a toothpick in its flame, and **to toke up your pipe use the burning toothpick, not the candle, not the match. No sulfur-tips in your face, nor in your lungs.** Wood, a natural fiber, again to the rescue. Thin flat toothpicks burn truer than thicker round ones. Regarding the candle itself, as yet no



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study exists comparing differences in the fumes between candles made from beeswax or from paraffin. We do know that paraffin is a petroleum distillate, so it's a safe assumption that beeswax is safer. Also, no study exists comparing candles containing scents and dyes with those containing none and those made from animal fats with those made from vegetable oils. We do know that practitioners of Wicca prefer vegetable oil-based candles in order to avoid the tortured spirits of factory-farmed animals. Similarly, adherents to Kosher dietary laws prefer vegetable oil-based too, and candles intended for observance of the Sabbath are even labeled Kosher.

Screens should never be made from aluminum foil punctured with pin-holes. After just one use, the foil disintegrates as though into thin air. Where did it go? Your lungs. Screens instead should be made from other more durable metals such as brass or non-galvanized steel. Circular screens sold in smoke shops come in various diameters and in meshes of various densities. But beware a thin layer of an added ingredient that coats the metal which goes unmen- ➤

tioned. That coating consists of plastic, which is applied to afford a grip to the sharp blade that cuts the circles. For this reason, first toast your screen over your candle before inserting it into the bowl of your pipe. If asked about what you are doing, just say you are screening for drugs.



THE AFTER-SMOKE DINNER

Some smokers consider "a good cigar" a final part of their meal to savor after dessert, the "after-dinner smoke." **A more beneficial arrangement would be the after-smoke dinner.** Include in your diet ample servings of fresh fruits and vegetables. Fruits should be consumed only raw, and vegetables preferably raw. Such raw foods are rich in antioxidants that are known to neutralize the damage to our bodies caused by free radicals. Free radicals are present in air pollution, radiation, and of course smoke. All smoke, any smoke. Antioxidants and an array of other health-protecting plant-based nutrients not only can prevent lung damage, but also can reverse it. From among fruits, be sure to include berries, especially blueberries, credited as the most potent source of antioxidants among all fruits. From among veggies, lean toward the family of cruciferous vegetables (also called brassicas, or Coles) such as cabbage (Cole slaw), broccoli, cauliflower, and the array of dark leafy greens, notably collards and kales.

If you smoke almost daily and do not always eat a wholesome diet, then you might consider taking nutritional supplements, though bitter pills to swallow. Two common combinations are especially warranted: a **vitamin B-complex, and vitamins A-C-E**. These are the skin vitamins, and the lungs are skin turned

outside-in. An undervalued nutrient is ever-important water. Find fresh, clear water from springs, well, or rain, and if flavored at all, flavored only by nature. Fruit and vegetable juices are fruits and vegetables, not water. Milk, coffee, tea and booze are beverages, not water. **Drink water daily, and drink your water straight.** Undiluted water. Once you "develop a taste" for water, you will learn to appreciate water as the Planet Earth's milk. As you sip, you are suckling at the breast of Mother Nature. If you are fully hydrated, your respiratory tract will remain moist and your excreted mucus thin, despite smoking.



And drink especially after smoking, when moisture in the mouth and throat need to be replenished. A dry mouth and throat increase susceptibility to tooth decay and gum disease. Look at the teeth of meth and crack addicts, if you dare, and if they have any teeth left to look at. After smoking, in addition to or instead of drinking water, try chewing on a dark green leafy vegetable. If you are outdoors, pluck a leaf from a nearby bush or a blade of grass from a nearby lawn. Whatever the leaf or blade, its chlorophyll is a powerful cleanser and breath freshener. A sprig of parsley decorates any dinner plate, but its real function is to cleanse the palette, especially after a dish containing garlic. No vegetation nearby? Oh yes there is. What do you think you've been smoking? Rather than discard it, chew on that twig you earlier sifted out from the leaf

and bud. And if your batch at hand contains an overabundance of leaf, chew on that.

CONCLUSION

And chew on this. Marijuana is a gateway drug. It is a gateway to courtrooms and jail cells. But when marijuana is fully re-legalized for both medicinal and recreational use, we no longer will be threatened by this. Smoking marijuana surely has much to commend when compared to smoking tobacco or popping pills. But smoking marijuana has less to commend when compared to breathing fresh air.

Not smoking is better than smoking. But if light up you must, then follow some precautions to assure your good health, and you'll also lighten up. Don't get caught, and don't get coughs. ■

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Health

daily mail.co.uk

“Person after person spontaneously [told] us that their doctors told them that symptoms like muscle pain couldn't have come from the drug,” said lead researcher Beatrice Golomb. “We were surprised at how prevalent that experience was.”

As much as 30 percent of patients taking statins may experience muscle pain or other side effects. But these numbers may be on the low end if doctors are not reporting side effects when they occur.

The FDA relies primarily on doctors to fill out “adverse event reports” to help monitor drugs after they have hit the market. Patients can also file reports at FDA.gov/medwatch, but few people are aware of this program. In contrast, other countries such as New Zealand rely heavily on

According to Golomb, one-fifth of all FDA-approved drugs will eventually be withdrawn from the market or given black-box warnings due to severe side effects.



Cannabinoids: Cardiovascular Scourge or Protective Agents?

By Ally (aka pflower)
"Preserve Neural Plasticity!"

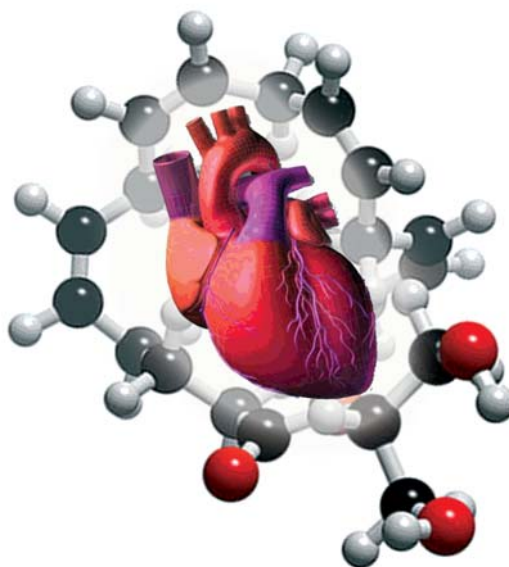
Introduction

In May 2008, Jayanthi and colleagues published their latest findings in *Molecular Psychiatry*. Their study, *Heavy Marijuana Users Show Increased Serum Apolipoprotein C-III Levels: Evidence from Proteomic Analyses*, raises concerns that longterm heavy cannabis use may pose a serious risk of cardiovascular and metabolic disorders.

Surprisingly little research has been conducted which can help address these questions. This is especially true in the realm of metabolic disorders. One of the few lines of support for the finding that cannabis use might contribute to metabolic dysfunction is that cannabinoid receptor antagonists like rimonabant provide significant cardiovascular and metabolic improvement in individuals with obesity and/or metabolic syndrome. Endocannabinoid overproduction has also been observed in these individuals. However, what research is available concerning cannabinergic manipulation of the cardiovascular system is some of the most complex and often confusing I have yet to come across in all my studies of the cannabinergic system. On one hand, cannabis use may pose a rare but significant risk of heart attack and maybe even stroke yet THC pre-treatment appears to provide cardiovascular protection and improves survival rates in rat models of heart attack and stroke. If this makes your head spin, hang in there, it made mine spin as well. I have done my best to keep it understandable.

Metabolic Processing of Oils and Fats

Oils and fats belong to the group of molecules known as lipids. Lipids, an essential part of the cellular membrane, are contained in every cell in the body yet they are hydrophobic, meaning they do not mix well with water or aqueous solutions like blood. In order to transport them around, the body utilizes lipid-binding hydrophilic proteins known as apolipoproteins arranged in spherical structures (Figure 1) that act as transport bubbles for lipids such as cholesterol and triglycerides (2, 3). These spherical structures are known as lipoproteins. Apolipoproteins also serve other purposes. Some types of apolipoprotein activate receptors on cell walls, bind lipoproteins to cells and activate the enzymatic metabolism of lipids contained inside. Other



types appear mostly to modulate these processes (3, 4).

Some apolipoproteins such as apoA-I, apoC-II and apoE mostly appear beneficial to the processing of cholesterol and triglycerides (5, 6, 7). Other types of apolipoproteins including apoA-V, apoB and apoC-III serve to inhibit this lipid processing and as a result high blood levels of these types are associated with various forms of metabolic and cardiovascular disorder (8, 9, 10). So far, apoB has gotten the most attention because high levels of the subtype originating from the liver predict coronary heart disease (CHD) more effectively than "bad cholesterol", a.k.a. low-density lipoproteins (LDL). This observation is likely the result of two factors. First, apoB is responsible for binding to the LDL receptor on target cells initiating the processing of these lipoproteins. Second, every lipoprotein produced by the liver contains 1 apoB molecule. When general apoB levels rise, so does competition at the LDL receptor and as a result LDL or "bad cholesterol" stays in the blood stream longer. The greater the time it is there, the greater the chance that it will be altered in some fashion. Usually alterations reduce the body's ability to process LDL normally and increase the chance that the LDL will be picked up by macrophages (9). LDL-laden macrophages are known as foam cells. Foam cells comprise most of the material found in the vascular lesions known as plaques

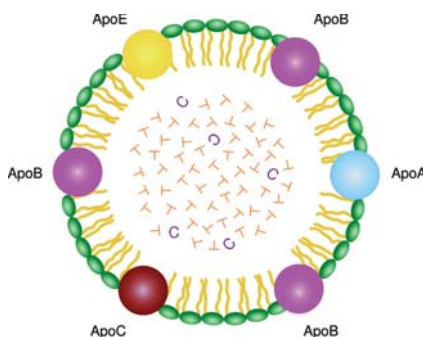


Fig. 1 Lipoprotein structure (chylomicron)
ApoA, ApoB, ApoC, ApoE (apolipoproteins);
T (triacylglycerol); C (cholesterol);
green (phospholipids).



Fig. 2: Atheroma

Atherosclerotic plaque from a carotid endarterectomy specimen. This shows the bifurcation of the common into the internal and external carotid arteries.

(Figure 2) associated with atherosclerosis and CHD (11).

Recently apoC-III has also been getting growing attention. ApoC-III inhibits enzymes responsible for the metabolic processing of triglycerides (10). Most triglycerides are not able to cross cell membranes; therefore, these enzymes are required for their proper use and removal from the body. The inhibition of these enzymes by high levels of apoC-III will induce high triglyceride levels, a condition known as hypertriglyceridaemia. ApoC-III rich lipoproteins containing apoB, like those produced by the liver, have been highly correlated with CHD (12) and may play a role similar to apoB in the development of plaques in atherosclerosis (13). At least one genetic component has been found tying apoC-III to the CHD risk posed by metabolic syndrome, which is typified by increased apoC-III and triglyceride and reasonably normal “good” and “bad cholesterol” levels. The likelihood of having developing both metabolic syndrome and CHD doubles if one -455C allele is present in the gene encoding for apoC-III and increases by a factor of 4 if two -455C alleles are present (14).

Malfunctioning genetic variants and imbalances in apolipoproteins are therefore associated with many of the issues involved with “high cho-

lesterol” and the cardiometabolic problems associated with this health condition. As a result, apolipoproteins have been the target of much of the recent research into metabolic and cardiovascular health/dysfunction and it is from within this framework that the article published by Jayanthi and colleagues in May 2008 has generated so much attention.

Heavy Cannabis Use: A Reason for Cardiometabolic Concern?



Overall, the technical lab work and data analysis reported by Jayanthi, et al., 2008, appears sound. For example, care was taken to ensure the blood tests were performed blind to the blood's experimental grouping. Such measures help minimized possible sources of researcher-induced bias in the study.

In contrast, there are some concerns with their sample population. First off, the sample size of 18 experimental participants and 24 controls is small. This means that the results have a greater chance of being anomalous when compared to the greater population at large. Furthermore, although analysis was conducted to control for these factors, there appeared to be some sampling biases present in the experimental group when it came to such factors as education, IQ score, race and past, as well as current consumption of alcohol and tobacco. There also appeared to be sex bias with significantly more women in the controls than in the experimental group. The failure to match the samples over these factors reduces the ability to generalize the results, especially without confirmation of the results by another laboratory. Another confounding factor, although analytically controlled, was that the experimental participants were not confined to cannabis users but instead appear to also be tobacco users, many for several years, as well as reasonably frequent and moderate to heavy users of alcohol. Drug tests

only ruled out current use of other drugs but it is unclear if past use of other drugs was taken into account.

Interestingly, the researchers did not choose to test serum levels of THC or other cannabinoids in the blood of the participants to determine the amount they regularly consumed but relied on self-report instead. This in turn is another area for which this study has received a great deal of criticism. Concerns have been raised over the level of cannabis use reported by the experimental participants, which to put it mildly was exceptionally high (pun intended). These participants reported using between 78 - 350 joints a week. The following quote taken from norml.org helps put this in perspective:

“That’s 11 to 50 joints per day. Let’s see, the government-rolled joints weigh in at about 3/4 gram each (you do know there are official US Federal Government joints, right?), but the folks I know roll them a bit bigger (even to the ridiculous cubit-sized 70-gram models). However, most researchers seem happy with the 3/4 gram model, so let’s do the math:

Low-end = 11 joints/day = 11 x 0.75g = 8.25g/day = about 2 ounces / week

High-end = 50 joints/day = 50 x 0.75g = 37.5g/day = over 9 ounces / week”

Another way to look at the upper end of this range would be just over 3 joints/hour, every hour, 16 hours a day, 7 days a week. At first glance, these quantities may seem far-fetched to the average cannabis using reader. There also are some confounding risk factors inherent to the experimental group. First, they are on average 21 years old, an age group particularly prone to the pitfalls of bragadocio. As a result, self-reporting might be artificially elevated over reasonable expectations for this group. However, given the lower-average educational background of this sample as well as that it was comprised mostly of Afro-Americans—a group historically socioeco-

nomically disadvantaged—there may be another factor at work here. In the cannabis using subset of this socioeconomic age group, cheap and low-grade cannabis is all that is usually obtainable in many geographical areas. As a result, significantly more material is often consumed per sitting (personal observation) and viewed from this perspective, reports obtained do not seem so far fetched at least for any given day. However, as pointed by those at norml.org and elsewhere, even at low estimates for especially low-grade cannabis at \$60 per ounce, the quantities reported quickly become exceptionally cost prohibitive, \$120-\$540/week. At moderate estimates for high-grade cannabis (\$300 per ounce), the cost quickly becomes astronomical, \$600 to \$2700 per week. Although it might be possible if not likely for the group in question to occasionally have daily cannabis consumption reach reported levels, it appears unlikely that actual weekly consumption was as high as reported.

What many anti-prohibitionists do not appear to realize is that unless reported quantities were intentionally fudged by the experimenters, a possible but unlikely turn of events, these arguments do little for the anti-prohibition side. If heavy cannabis use here was exaggerated in self-reports yet the finding was still statistically significant, the proposed deleterious effects of heavy use may yet prove to be relevant to significantly less cannabinoid intake than reported by Jayanthi, et al., 2008. Furthermore, some therapeutic cannabis users may reasonably use as much as was reported in this study, especially with oral administration for the treatment of chronic pain. The findings may be particularly pertinent to this group. Nonetheless, it is a shame that serum cannabinoid levels were not measured, as serum levels would probably be a more reliable predictor of effect than self-report intake measures.

Here are the highlights of what

Jayanthi and colleagues found in their 2008 study: first, apoC-III was obviously higher in the cannabis users. ApoC-III levels did not appear to be associated with any other socioeconomic measures taken. That said, it was not clear if length of past tobacco use was checked or if only degree of current daily use was ruled out. Triglycerides were increased in the blood of cannabis users although not quite to a statistically significant degree. It is worth noting that even at its highest, this increase was still within the normal low-risk range as defined by the American Heart Association (AHA) (16). Total cholesterol was actually lower on average in the cannabis users than in the controls although this finding was far from statistically significant. Total cholesterol in both groups was within the desirable low-risk range as defined by the AHA (17).

Now even though apoC-III was the only thing found to be significantly different between the experimental and control groups, apoC-III was found to be significantly correlated with 3 other serum levels measured. A 26% correlation was found between triglycerides and apoC-III ($R=0.507$, $p=0.001$). The correlation between alpha 1-globulin and apoC-III was 20% ($R=0.442$, $p=0.003$). There was a very slight 9% correlation between cholesterol and apoC-III ($R=0.3$, $p=0.053$). It is worth noting that not only is this a very weak correlation, it also only made the $p=0.05$ cut-off to qualify for statistical significance due to the technicality of rounding. In other words, this weak correlation appears significant only by the skin of its teeth. It was also interesting that even though apoC-III was higher and cholesterol was lower on average in cannabis users compared to controls over all, apoC-III and cholesterol levels were positively correlated such that as one increased so did the other.

So what Jayanthi and colleagues reported this last May was an increase in apoC-III levels, an apolipoprotein associated with

metabolic and cardiovascular risk. ApoC-III was also significantly correlated with levels of other known cardiovascular and metabolic risk factors but that the levels of these risk factors were within normal range and did significantly differ from what was seen in controls. It is quite possible this represents a real risk for a certain subset of the population especially those with a genetic predisposition to diseases associated with high apoC-III. However, it is far from clear yet just what these findings actually mean to the greater population of cannabis users. This study just hints at a potential issue, but before much can be made of it, a great deal more work must be done to both confirm the reliability of these findings and to elucidate what impact they may have if confirmed. One next step might be to examine if liver derived apoB levels were also elevated in cannabis users since the risks associated with apoC-III appear to be especially strong when paired with higher blood levels of apoB (12). Finally, it's worth noting that moderate cannabis-induced alterations in triglyceride blood levels have been known about since at least 1985 (18).

That said, just what is in the literature so far concerning the cannabinergic system and cardiovascular/metabolic functioning and how might it help us interpret Jayanthi's findings?

Cannabinergics and Metabolic Dysfunction

For many, the first thing that comes to mind here is, "Hmmmm munchies!" These cravings may indeed be related to the potential negative metabolic changes observed in some 30 and older cannabis users (19). However, there is some evidence in women that occurrence of cannabis use is inversely associated with degree of



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obesity, or body mass index (BMI), indicating a potential competitive nature between the two behaviors (20). In other words, if one is always eating, there might not be time for smoking. The BMI of the average adult user (20 to 50 years of age) is often slightly lower from his or her non-using counter parts (21) but in general the BMI of these two groups do not significantly differ (22). Use in this age group does not appear to be associated with obvious metabolic risk although it is associated with several other known risk factors such as tobacco use, greater intake of alcohol and calories, higher systolic blood pressure and triglyceride levels, poor eating habits and nutritional intake generally lacking in carotenoids (21, 22).

There is some evidence that even though cannabis use alone may not be particularly associated with significant metabolic dysfunction, the reported triglyceride and apoC-III modulating effects may act in a synergistic way in the development of steatosis of the liver in hep-C patients (23). Steatosis is a cellular pathology of triglyceride elimination. Steatosis is marked by lipid build up in cells due to the malfunction in the removal processes. Daily cannabis use was one of 6 factors found to be predictors of obvious steatosis in chronic hep-C patients. Interestingly, the increase in risk observed with daily cannabis use was nearly identical to that observed for activity level and BMI (OR, 2.1; 95% CI, 1.01-4.5/OR, 2.1; 95% CI, 1.0-4.3/OR, 2.1; 95% CI, 1.0-4.3, respectively). However, the risk observed with the other three factors was either lower or significantly higher than that of daily cannabis use. This suggests that, in chronic hep-C daily cannabis use, lower activity level and higher BMI may cluster as risk factors where as the other three may be more likely to occur independently. It is unclear yet how cannabis might be producing this effect especially since as of yet hep-C induced steatosis has not been associated with changes in apoC-III,

but it remains possible the two findings are related.

It is not directly related to cannabis use but there is evidence of the involvement of an endocannabinoid imbalance in the development and maintenance of obesity as well as many of the metabolic/cardiovascular disorders that are associated with it. In diet-induced obesity, the endocannabinoid system is “up regulated,” meaning that there are more cannabinoid receptors and more endocannabinoids produced and able to activate them (24). Rimonabant is a cannabinoid receptor antagonist with a significant preference for the CB1 receptor. It is also one of the first drugs found which acts to reduce a whole host of clustered risk factors for CHD. In one broad sweep, the administration of Rimonabant to obese individuals will induce positive changes in inflammation and insulin-sensitivity as well as significant weight-loss (24). The apoB and C-III-associated atherosclerosis and CHD discussed earlier are the result of a condition known as atherogenic dyslipidemia. Administration of Rimonabant improves multiple contributing factors in atherogenic dyslipidemia by producing beneficial changes in waist circumference, serum glucose and “bad cholesterol” levels (25). Viewing the effects of cannabinergic antagonism, it seems a little surprising that cannabis use, especially heavy use, is not linked more obviously with metabolic syndrome and related disorders.

Cannabinergics and Cardiovascular Dysfunction



Most cardiologists would probably consider the effects of THC and thus cannabis use on cardiovascular functions to be negative alterations. Although generally moderate, changes observed in cardiovascular functioning from both acute and chronic administration of THC containing products usually pose some degree of risk to this system. Single uses of THC increased heart rate

substantially and resting blood pressure slightly while reducing vascular resistance or “tone.” These combine to occasionally produce a condition known as orthostatic hypotension, or a rapid drop in upper body blood pressure upon standing after prolonged sitting. A decrease in exercise tolerance is observed combined with a higher heart rate per workload. With chronic use of THC, tolerance to most of these cardiovascular effects develops in less than two weeks (26, 27).

In general, acute administration of cannabinoid agonists like THC or anandamide in humans elicits tachycardia (elevated heart rate) and a small increase in blood pressure (28). In animal studies, however, there is evidence that this response may only occur under predictable and quite environmental conditions (29), but that when the environment is stressful, hypotension and bradycardia (decreased heart rate) are usually observed (30, 31). After chronic administration in humans, response becomes one of bradycardia and hypotension, indicating a possible “overcorrection” by the homeostatic response of the body (32). In light of these findings it is surprising that the endocannabinoid system does not appear to be involved in cardiovascular regulation under normal healthy conditions (33).

The potential for cannabis use to induce more severe cardiovascular events has been reported but the literature makes it clear these are the exception and not the rule. Cannabis use appears on the rare occasion to induce myocardial infarction (heart attack), cannabis arteritis (a degenerative peripheral artery disease, PAD, occurring in young patients) and stroke. One study of 3882 cases of myocardial infarction (124 of whom reported using cannabis in the last year) found a 4.8 fold increase in the chance of having a heart attack in the first hour after cannabis use (95% CI, 2.4 to 9.5). However the risk appears to quickly drop in both magnitude and signifi-

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cance after the first 60 minutes following cannabis use (19). Case reports of myocardial infarction during or immediately following cannabis smoking appear to support this finding (34, 35). To put this risk in some perspective, cocaine use may increase the risk of having a myocardial infarction in the hour following use by as much as 24 times normal (36) and in women the use of antidepressants have been associated with a risk 5.4 times that seen in the general population (95% CI, 1.8-16.1) (37). There is also some evidence that the heart attack risk posed by cannabis may be elevated when it is combined with other cardiovascular modulators, especially those it has direct pharmacological interaction with such as Viagra. Cannabis inhibits the enzyme responsible for the metabolic deactivation of Viagra, effectively providing greater blood levels of Viagra for a longer period thereby increasing the likelihood of its effects on the cardiovascular system (38). It is also worth noting that the risk of heart attack may be greater in occasional users because of the tolerance to cannabis-induced tachycardia observed in chronic users (39). Finally, at least one study has found that the 4 year mortality rate for post-heart attack cannabis users was dose-dependently higher than in the non cannabis-using heart attack survivors (less than weekly use: OR, 2.5; 95% CI, 0.9-7.3 and weekly use: OR, 4.2; 95% CI, 1.2-14.3). However, the non-cardiovascular mortality rate associated with using cannabis post-heart attack was significantly higher (OR, 4.9; 95% CI, 1.6-14.7) than for cardiovascular-related mortality (OR, 1.9; 95% CI, 0.6-6.3) (40).

Another rare-but-concerning cardiovascular event associated with cannabis use is stroke in patients younger than 40 who do not present with other typical risk factors for stroke (41, 42, 43, 44). There are two factors that have been suggested to play a role, a combination of which may often be responsible. The first involves the orthostatic

hypotension occasionally observed after cannabis use. In rare cases, the sudden draining of blood from the brain upon standing after sitting for a long time may induce transient ischemic attack, commonly known as a mini stroke. Another mechanism of action proposed for cannabis-related ischemias is a substantial increased vascular resistance and blood speed observed in the brain of cannabis users (45). The authors compared the functioning of the cerebral vasculature of the cannabis-using individuals in their study to that of persons 2 to 3 times the cannabis users' actual age.

The final rare-but-troubling cardiovascular condition associated with heavy cannabis use in the young is known as cannabis arteritis. This condition falls under the more general group of conditions known as PAD and is closely related to the tobacco-induced form of PAD known as thromboangiitis obliterans. Thromboangiitis obliterans "is a recurrent acute and chronic inflammation and [clotting] of arteries and veins of the hands and feet. The main symptom is pain in the affected areas. Ulcerations and gangrene in the extremities are common complications, often resulting in the need for amputation of the involved extremity (Wiki, 46)." Cannabis arteritis was first described in 1960 in North African kif smokers (47) and appears to be nearly identical to thromboangiitis obliterans except that it can occur in the total absence of tobacco use and in the very young (48, 49, 50, 51, 52, 53, 54, 55). This condition may present a rare opportunity to observe undeniable cases of cannabis addiction as defined by continued use in spite of severe negative consequences and immediate reductions in quality of life in the form of amputation of fingers, toes, hand, feet, arms or legs due to gangrenous ischemic lesions of these extremities (48, 52, 53). However, when patients discontinue cannabis use, there is generally a good prognosis (49, 51, 52, 53). Several mechanisms of action have been suggest-

ed for the development of this condition but occlusion of the peripheral arteries by cannabis-induced vasoconstriction is the most commonly cited (55, 56). There is even a potential animal model of cannabis arteritis based on cannabis-induced vasoconstriction in rat hindquarters (56). This is distinct from tobacco-induced thromboangiitis obliterans for which there is no known animal model. Finally, there is evidence of specific gene involvement in the degree of risk associated with smoking behaviors and the development of PAD conditions (57). This suggests some individuals are at significantly greater risk of developing cannabis arteritis. It seems worth noting that there have been essentially no major epidemiological studies of thromboangiitis obliterans induced by cannabis use alone, what evidence is available is almost all in the form of case reports, and these reports come almost exclusively out of France.

In general, acute and chronic use of cannabis induce a well-documented set of alterations to the cardiovascular system. These alterations are generally mild to moderate and are usually in opposition in acute versus chronic use. Reports of adverse cardiovascular events and the development of cardiovascular disease associated with cannabis use are rare but do occur. Of these, only cannabis-related myocardial infarction has been studied in a population of any significant size and although not a common occurrence, significant association of myocardial infarction temporally proximate to cannabis use was observed (19). Available evidence suggests that similar results might be observed for transient ischemic attacks should a similar epidemiological investigation be performed. Anecdotal evidence also exists for a role of cannabis in the development and maintenance of degenerative conditions of the peripheral vasculature. Although rare, these events represent some of the most severe potential consequences of cannabis use. Individuals ►

with known risk factors for such events should be advised against cannabis use. This may be especially true for those at risk for CHD and heart attack. Occasional use may actually be more risky for the latter group than moderate daily use.

Cannabinergics and Cardiovascular Protection/Therapy



Ready to get confused? Get this: for almost every adverse cardiovascular condition for which cannabis has been implicated, there exists evidence that activation of the cannabinoid system, even with cannabis, may provide prophylactic and/or therapeutic benefit. In some cases, the total available evidence suggests that while cannabis may be inducing events such as heart attack and mini-stroke, it simultaneously protects against damage and improves the chances of surviving the event. However, in most cases the benefit of cannabinoid receptor activation is likely to be greatest for acute administration. In many cases, chronic administration may hamper or even obliterate the therapeutic potential of receptor activation, a complication also observed in the medical use of opiates.

Several lines of evidence suggest cannabinoid receptors play a vital role in protecting the heart during myocardial infarction. First, the cardioprotective effect of heat stress is blocked by CB2 receptor antagonism in live animals and in isolated rat hearts (58, 59). Cardiomyocyte cells are protected from lack of oxygen (hypoxia) by treatment with THC, an effect that is blocked by CB2 antagonism (60). Cannabidiol (CBD), a selective CB2 agonist and non-psychoactive constituent of cannabis, has also been found to reduce severity of heart attack in a rat model of myocardial infarction (61). Endocannabinoids on the other hand appear to exert their heart attack limiting effect via either the CB1 in the case of 2-arachidonylglycerol (2-AG) (62) or as of yet

unidentified cannabinoid receptors in the case of anandamide, methanandamide and palmitoylethanolamide (63, 64, 65). Although promising, it is likely that these effects of cannabinoid receptor activation depend on the dose used and whether or not it is acute or chronic administration and so far these limitations have yet to be determined with clarity.

Cannabinoids have been shown to be neuroprotective after stroke through a complex set of actions. Cannabinoids such as WIN 55212-2 (WIN), THC, AM-404, HU-210 and 2-AG produce this effect through CB1 activation mediated effects (66, 67, 68, 69, 70, 71, 72). In the case of THC, WIN and HU-210, the neuroprotection was in part mediated through significant hypothermia (66, 67, 68, 71). It has also been demonstrated with at least THC and AM-404 that the neuroprotection effect is partially opioid receptor dependent (70). AM-404 is a metabolite of Tylenol that activates the CB1 receptor directly as well as elevating anandamide levels through inhibition of the anandamide re-uptake transporter. Through these actions, AM-404 appears to be primarily responsible for the antinociceptive properties usually desired by those taking Tylenol (73, 74). However, before you rush out and take a bunch of Tylenol, understand that several of its other metabolites are pretty hepatotoxic. The non-psychoactive CB2 agonist CBD also appears to produce neuroprotection from the damage produced by stroke. Unlike the compounds discussed above, CBD does not appear to provide this protection through the CB1 receptor but instead through an antioxidant effect at least partially mediated through activation of the 5-HT1A receptor, (75) but not through the CB2 receptor (69). This effect of CBD is probably shared to a lesser extent with THC. However, THC was found only to be neuroprotective when administered pre-stroke while CBD was effective when administered both pre- and post-stroke (69). Furthermore, tolerance

to the neuroprotective effects develops for THC but not for CBD (75). Cannabinoids also exert neuroprotection during stroke by inhibiting the release of endotoxic glutamate and the effect of NMDA glutamate receptor binding (76). Finally, not only do endocannabinoids like 2-AG protect against stroke, the CB1 receptor is up-regulated after stroke indicating a natural neuroprotective role of endocannabinoids in the biological response to stroke (77).

The cannabinergic system also appears to play an important role in the chances of surviving shock induced by heart attack, blood loss, sepsis/endotoxemia and cirrhosis. During such states of shock, there is a mass release of endocannabinoids from immune cells (78, 79, 80, 81, 82, 83). These endocannabinoids then act to improve cardiovascular dysfunction and survival through an extreme and prolonged hypotension by both CB1-mediated (79, 84, 85) and novel non-CB1/non-CB2 mediated mechanisms (86). Although this hypotension has historically been considered part of the pathological progression of such forms of shock, using the cannabinoid antagonist rimonabant to inhibit this hypotension leads to increased cardiovascular dysfunction and eventually mortality (78, 82, 85). Interestingly, the powerful CB1 agonist, HU-210, prevented the hypotension observed after large myocardial infarction yet still prevented vascular dysfunction and improved survival rates possibly through improving oxygenation (85). Activation of the CB1 receptor may also lead to inhibition of the sensitivity of the heart muscles to adrenalin and norepinephrine thereby reducing their ability to contract in cirrhosis-related shock (84). In other words, reducing how hard the heart can contract reduces the strain on the heart during stress.

Atherosclerosis, one major component of CHD, is a degenerative arterial disease involving chronic arterial inflammation and eventual hardening combined with the development

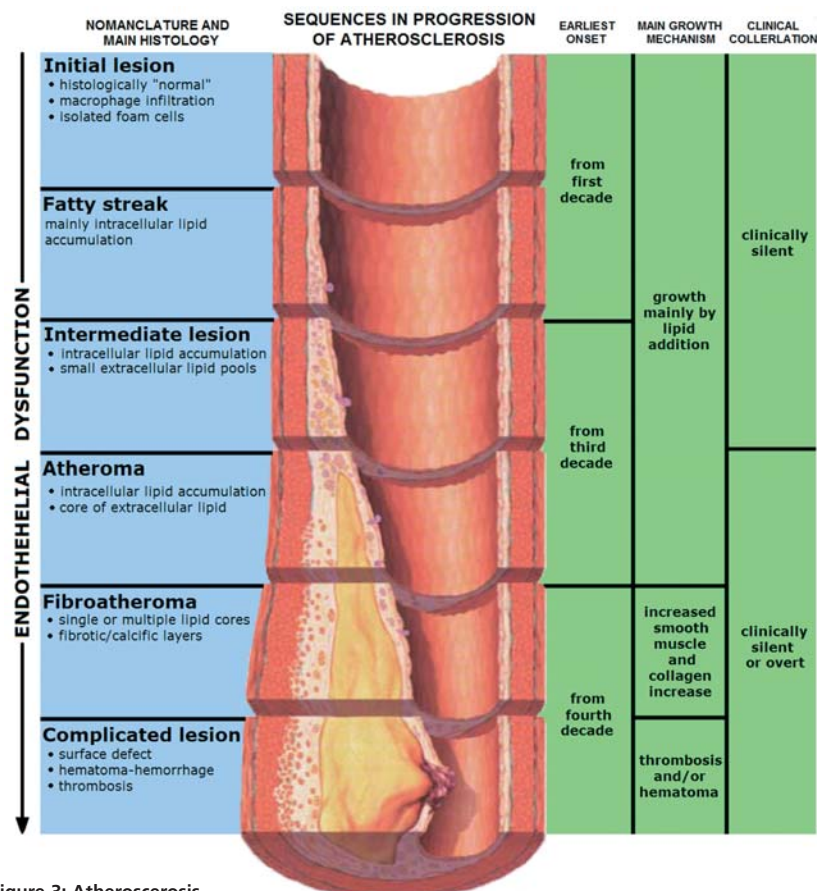


Figure 3: Atherosclerosis
Stages of endothelial dysfunction in atherosclerosis.

of fatty plaques on the arterial walls (Figure 3). The pathogenesis of this condition is highly associated with high "bad cholesterol" and triglyceride blood levels (11) as well as those of apoC-III (13). The plaques which develop in atherosclerosis are the result of lipid laden immune cells such as macrophages (foam cells) being deposited at these locations and building up over time. Once they become large, these plaques begin to calcify and thereby significantly harden the surrounding artery, which naturally flexes with each pulse. Large plaques on the inner lining of the arterial wall are composed of a softer lipid-rich core of foam cells covered in a hard calcified shell. These plaques are less flexible than the artery walls they are attached to and are therefore able to become dislodged when the artery is stretched (11). This can lead to the development of a clot, the leading cause of stroke and heart disease (87). Historically, our understanding of this condition and the risks associated with it has focused on these

larger plaques because their arterial narrowing effect made them easier to observe. Recent developments in our understanding of this condition have expanded our view from one of localized vascular obstruction and degeneration to one of a global vascular inflammation disorder. Even smaller plaques are now considered to have the ability to become dislodged and can become clot-stimulating agents in the blood (88). Because chronic inflammation like that observed in atherosclerosis is often a sign of immune system dysfunction and THC acts as an immunomodulator, a recent study investigated the effect of low, psychologically inactive, oral doses of THC on established atherosclerosis. A CB2 receptor-dependant inhibition of plaque progression by THC was observed (87). There was evidence that this effect is the result of the ability of THC to inhibit immune cell proliferation, interferon-gamma (a.k.a. macrophage-activating factor) and the ability of foam cells to be attracted to plaques.

Macrophages, foam cells (their lipid-rich counterparts) and plaques were found to express CB2 receptors, although normal healthy arteries were not. These findings indicate that at least at very low doses, the CB2 activating agents in cannabis may actually protect against CHD.

This brings us full circle. Many drugs produce biphasic effects such that low doses will produce opposite effects from large doses. One obvious example of this phenomenon is how the focus-inducing effect of ADHD medications such as ritalin or dextroamphetamine becomes quickly obliterated at recreational doses. Sometimes this pharmacological phenomenon is the result of over-activating the neurotransmitter system in question, other times it is the result of differential receptor activation at the two doses. Either way, it is not that surprising that cannabinoids may have opposing effects depending on dose. After all, the sub-psychoactive dose of THC found to inhibit atherosclerosis did not significantly activate the CB1 receptor and was of several major orders of magnitude smaller than the heavy prolonged cannabis use observed to be potentially atherosclerogenic via apoC-III elevation.

Conclusion

The cardiovascular effects of cannabinoids are by far some of their most diverse and potentially confusing. Although some potential therapeutic benefits to cannabinoid administration on cardiovascular health have been identified, they appear mostly at low doses, and/or involve the activation of CB2 receptors (thus being preferentially suited for non-psychoactive CB2 agonists such as CBD) and/or are only effective when administered as needed acutely. However, at larger doses, with extended chronic administration especially of higher doses or using CB1 receptor agonists, few benefits are to be found and indeed most cardiovascular effects of such cannabinoid use in general appear to

be mild to moderately risky. Preliminary studies on myocardial infarction indicate a rare but statistically significant incidence of cannabis-induced heart attack. Other severe but rare events such as cases of mini-stroke and cannabis arteritis in teens and young adults have been reported in connection to cannabis use as well. The effects of cannabinoids on the metabolic functions in general do not seem to pose major risk, at least in the young. The tendency for cannabinoid use to be associated with high risk behaviors such as increased caloric, alcohol and tobacco intake over that seen in the gener-

al population is indeed concerning, especially in light of the potential for heavy use to induce mild to moderate increases in both apoC-III and triglyceride levels. The more risks one accumulates, the higher one's risk becomes. These findings maybe of particular concern to aging cannabis users, especially those with risk factors for myocardial infarction or CHD. For these individuals, occasional or sporadic use may actually be more detrimental than mild to moderate daily use. In heavier daily users, the establishment of healthy eating habits and a regular exercise routine may significantly

offset the cardiometabolic risks posed by such use. Such steps may be particularly important to maintaining health and quality of life in heavy therapeutic cannabis users, however, for varying reasons, the preexisting health conditions present in this group may often significantly inhibit their ability to exercise. As a result, heavy daily therapeutic cannabis users may be at significantly higher risk for developing adverse cannabis-related cardiometabolic alterations. However, just what this degree of risk is still need to be determined. ■

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Studies, Reports and Information... that **THEY** say don't exist.

Researched by Storm Crow
Submitted by Wendal Grant

When it comes to medicinal information online, many people don't know where to turn. Storm Crow, a member of the TY community has an excellent thread posted in the TY forums.

Storm Crow has things posted in alphabetical order thus making it much easier to locate the information you're looking for. According to a recently released doctor survey, patients are the ones that are educating the doctors about cannabis, not their University. Doctors aren't taught about the medicinal value of cannabis while at University. They learn about pharmaceutical medicines and virtually nothing about the oldest medicine in the world, cannabis.

It's a good thing that parts of this world haven't outlawed cannabis research, like one of our neighboring counties did. They didn't outlaw it completely, but they might as well have, since research is tightly restricted. The best way to stop people from finding out the truth on something is to make research on it illegal, or to make the red tape so complicated that it's too big of a mountain to get over.

Thankfully, over time, the truth has been coming out as research is being done. The research results are not the "political truth" govern-

ment wants to hear, they are the medicinal truth. When you promote false information for 80 years it's hard to learn that you've been wrong all this time. It seems that forever the public has been told about the same benefit of alcohol. "Drink a little its good for your heart" I can still hear on the radio from many years past and it's still promoted today as a new discovery. While all new cannabis studies that show the truth, are neglected or are given such a small headline that no one notices. The few that do make it to the paper, are often just "rehashed" old, and usually unfavorable, studies.

In Storm Crows own words " I thought I'd share my notebook with you. It is a compilation of medical studies, news articles and information on cannabis.

In addition to the obvious use for people who are ill trying to get information on what might heal them, I hope that many of you will take up a challenge from me. I want this spread around- to your doctor, your politicians, ministers, and any-

one who could use the info.

Information does no good if it is hoarded. If you know someone who is ill, copy and paste the part they need, or print up the article, and mail it to them.

I'm hoping that in return for the hours I spent collecting this, you will give me a present in return-mailing this out and telling others. By spreading knowledge to help others, you give them power over their own lives! Knowledge is power! And the truth will set us free Storm Crow."

A few issues ago, I submitted a list of medicinal marijuana links for the readers of Treating Yourself. Now, I would like to promote Storm Crow's list, since a lot of time was spent time compiling this list. It's a list that I firmly believe should be read and seen by all who are looking for medicinal information. Storm Crow made a request within this thread to spread the knowledge, and that is what I'm doing by submitting this article. Here is an example of some of the links you'll find within the thread. ►

ADD/ ADHD

Marijuana and ADD Therapeutic uses of Medical Marijuana in the treatment of ADD
<http://www.onlinepot.org/medical/add&mmj.htm>

ALS

Marijuana in the management of amyotrophic lateral sclerosis
<http://www.medscape.com/medline/abstract/11467101>

Cannabis use in patients with amyotrophic lateral sclerosis.
<http://www.medscape.com/medline/abstract/15055508>

Alzheimers

Marijuana slows Alzheimer's decline
<http://www.mapinc.org/drugnews/05/n307/a10.html>

Marijuana may block Alzheimer's
<http://news.bbc.co.uk/2/hi/health/4286435.stm>

Prevention of Alzheimer's Disease Pathology by Cannabinoids
<http://www.jneurosci.org/cgi/content/abstract/25/8/1904>

Marijuana's Active Ingredient Shown to Inhibit Primary Marker of Alzheimer's Disease
<http://www.pacifier.com/~alive/articles/ca060809.htm>

Autism

Autism and Medical Marijuana
<http://www.autism.org/marijuana.html>

THE SAM PROJECT: James D.
http://www.letfreedomgrow.com/articles/james_d.htm

Cancer

Anandamide, induces cell death in colorectal carcinoma cells
<http://gut.bmj.com/cgi/content/abstract/54/12/1741>

Cannabinoids and cancer: potential for colorectal cancer therapy.
<http://www.medscape.com/medline/abstract/16042581>

Cannabis extract makes brain tumors shrink, halts growth of blood vessels
<http://www.medicalnewstoday.com/articles/12088.php>

Smoking Cannabis Does Not Cause Cancer Of Lung or Upper Airways
<http://ccrmg.org/journal/05aut/nocancer.html>

Premiere British Medical Journal Pronounces Marijuana Safer Than Alcohol, Tobacco
<http://cannabislink.ca/medical/safer.html>

Why Doesn't Smoking Marijuana Cause Cancer?
<http://www.healthcentral.com/drdean/408/14275.html>

Depression

Cannabinoids promote hippocampus neurogenesis and produce anxiolytic- and antidepressant
<http://www.jci.org/cgi/content/full/115/11/3104>

Decreased depression in marijuana users.
<http://www.medscape.com/medline/abstract/15964704>

Epilepsy

Epilepsy patients are smoking pot
<http://www.safeaccessnow.org/article.php?id=1638>

Cannabis may help epileptics
<http://www.medicalnewstoday.com/articles/4423.php>

Heart Disease/ Cardiovascular

Marijuana use, diet, body mass index, and cardiovascular risk factors
<http://www.medscape.com/medline/abstract/16893701>

The endogenous cardiac cannabinoid system: a new protective mechanism
<http://www.cannabinoid.com/boards/thd3x10073.shtml>

Hepatitis

Cannabis use improves retention and virological outcomes in patients treated for hepatitis C
http://www.natap.org/2006/HCV/091506_02.htm

Hepatitis C - The Silent Killer Can Medical Cannabis Help?
http://www.pacifier.com/~alive/cmu/hepatitis_c.htm

HIV / AIDS

Marijuana Use Does Not Accelerate HIV Infection
<http://paktribune.com/news/print.php?id=139255>

Marijuana and AIDS: A Four-Year Study
<http://ccrmg.org/journal/05spr/aids.html>

Mad Cow Disease

Cannabidiol May be Effective in Preventing Bovine Spongiform Encephalopathy (Mad Cow Disease)
<http://bbsnews.net/article.php/20070916110536662>

These links are just the tip of what is available in Storm Crow's thread. There is information on Alzheimer's, fibromyalgia, the gateway theory, heart disease/ cardiovascular, historical studies, Huntington's disease, IQ, multiple sclerosis and nausea to name just a few.

If you would like to see Storm Crow's Thread on the medicinal benefits of medicinal marijuana, it can be found at <http://www.treatingyourself.com/vbul...ad.php?t=23136> and maybe you'll find out the teacher in Storm Crow hasn't stopped teaching. ■

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Mullaway's Tincture Instructions



Clever George



Bubbleberry dry

I started working on the tincture for medical use because I could see a need for such a product. I did know a lot about the plant, probably more than most people, and I did have access to the government tests that were happening at the time.

But the tincture used at the time was hard to make and was not that strong. The problem was in the process: essentially, you put buds in an alcohol-base solution for as long as possible before removing the buds and repeating the process. No one knew how long to leave it for and when to repeat the process. The trouble is you lose some of the alcohol in the first lot of buds and again in the second. I thought that if one eliminates the buds from the process they should be able to make the tincture easier and maybe even stronger.

I had access to 100 per cent alcohol but people have done this and had a problem with the taste. This would be hard to fix without cutting it with some other alcohol and the crystal has a shelf life once you have broken it down in this fashion. Cutting it with another alcohol will shorten its shelf life every time you do it.

Since no one knew how strong it had to be I thought I would just start by using vodka.

Using 750 ml of alcohol I added 8g of hash crystal and left it for a few days, shaking it several times a day. I was noticing slight changes but

absorption was slow.

I thought that maybe if the alcohol was warmed in hot water it may absorb the THC more quickly. By doing this I found that I could achieve full saturation of the alcohol in about one to two weeks. But the taste of the tincture was still not that good.

Now that I knew that I could achieve full saturation of the alcohol, the taste had to be worked on. Using cointreau imparted a strong orange flavor and, by being 43 per cent alcohol, made it even stronger.

I also thought of using the ice method to extract the crystal from the buds and then adding the fresh crystal to the warm alcohol. This achieved the saturation point even quicker, but I found the taste did not seem as good as the cured hash.

Repeating the process again but using half-cured hash and half-fresh crystal, I created a very nice tincture, albeit very strong. I found that over-use (and by that I mean any more than about ten drops, five or six times a day) of this formulation caused a strong feeling of anxiety—not useful in medical practice, but it could have its place.

In finding that I had made it too strong, I made a tincture using two parts vodka to one part cointreau. This seemed to not only have good strength but also good taste. About

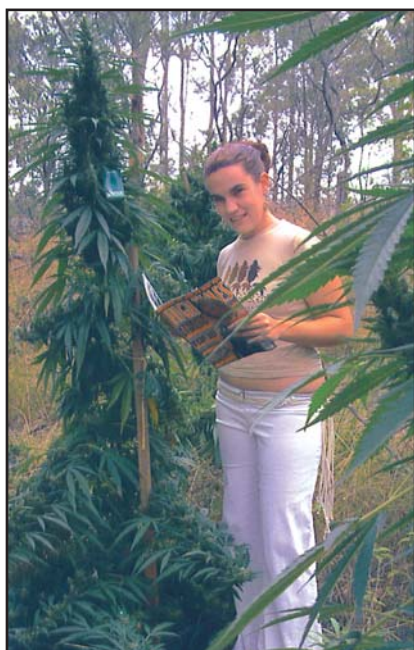
one or two drops seemed to work very well for pain relief in non-smokers, with double for smokers. I sent some to the compassion club in Nimbin and also to palliative care in Sydney and got good results with cancer, Multiple Sclerosis and HIV/AIDS patients, along with many other illnesses since then.

Being a grower all my life and having grown over 100 different breeds, I know that different strains affect you in different ways. I thought I would separate each breed out and see if I could get these effects to pass over into the tincture. I separated Bubbleberry and another breed tested by the Australian Government at 22.6 per cent THC that I called Red Ron. They both are different; the Bubbleberry has a strong, fruity flavor while Red Ron has a very strong hash flavor and taste. After making both tinctures using cointreau, vodka, cured and fresh crystals via the ice extraction method, we found the tincture made from Red Ron was good for pain relief, but the tincture made from the Bubbleberry was better as it created a feeling of well being as well as gave pain relief.

Knowing the breeding of the Bubbleberry and also having access to a personal seed bank of over 100 different breeds and cross breeds, I set out to create a breed of cannabis with medicinal use as the main goal. With that in mind, I knew Bubbleberry came from Blueberry and Bubblegum and, as I had already grown



Clever man



both of these and knew the nice smell comes from the blue berry, I crossed the Bubbleberry I had back with the Blueberry to make my own Bubbleberry. This was a good start. I then crossed it with Hash Plant, which is strong in both smell and taste. This resulted in four hybrids. One of these was chosen then crossed with White Rhino. From this came Clever Man, probably one of the strongest plants in the world. The name comes from the indigenous word for medicine man or witch doctor, someone with the ability to heal your pain or sing you home.

I don't believe the answer lies in its strength so much as in specific breeding. It is easier to make the tincture with a smaller amount of plants if they are strong. Clever Man makes an all-around good tincture, though it could be made better and more illness-specific. I think breeders have to go back to the old breeds as the genetics are too mixed up now. To make this medicine more specific for the illness, we need to start again with medicinal use in mind.

Tinctures can be made from everyday bush dope. My tests have shown that this has pain relief applications, but too much will give a strong feeling of anxiety and not the feeling of well-being that specific breeds do. I have found this kind of tincture is good for people with MS.

Tincture from any breed will work if

you have sickness or a serious illness. Tincture will not get you stoned, and too much will only give you the runs the next morning; this is not recommended.

I have been working on another way of making the tincture so it works faster and will be easier to make it commercially. This new method takes only hours and not weeks to make and only one to two minutes to work instead of the usual ten to twenty. It can also be used in an atomizer. I would be more than happy to share this knowledge with the government if ever they wanted to know what I do.

This tincture is available to various compassion clubs in Australia and I hope the Australian Government is the first to the offer and to start doing some proper tests, both on the medical use and the breeding of the plants.

I am a disabled pensioner and have been for the last 25 years. I have severe back pain, pain in both legs and only one arm that work the way it should. The tincture I developed has enabled me to stop using morphine, which I have been using for a number of years and has a number of serious side effects. ■

Mullaway is an indigenous Australian and owner of a private seed bank for medical purposes only.



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The Dreaming

By Mark Heinrich

The Use of Cannabis Tinctures to Treat Post-Traumatic Stress Disorder (PTSD)

I am a sufferer of the insidious illness known as Post-Traumatic Stress Disorder. It has plagued my life for nearly 20 years. It has cost me a wife, my home, my kids, and finally, my sanity. It took me to the depths of despair, and led me into a life of poly-drug use in an attempt to escape the horrors of my mind. There seemed no escape.

It was not until I started to hear reports that cannabis was a valuable tool in dealing with PTSD that I began to feel some hope that things may change for the better.

In order to alleviate my symptoms and pursue a normal lifestyle, I turned to a tincture of cannabis with successful results.

The relaxing, and anxiolytic (anti-anxiety) effects of cannabis under some conditions has been known for centuries but it is only recently that I have begun to understand the complex way in which cannabinoids and the endocannabinoid (eCB) system modulate the expression of anxiety-type behaviour. I found immediate relief, but in a way that I least expected, and in a way that few others had discussed. I found that Cannabis suppressed my dreams!

There is a lot of science about how cannabis disrupts REM, in particular Delta 4 and Delta 5 stages of sleep. This sleep disruption was seen

as a deleterious side effect of cannabis use. My observations were that quite the opposite was the case. I found it a necessary and beneficial side effect! The tincture of cannabis immediately became the primary treatment for my PTSD.

For sufferers of PTSD, nights can be a difficult time. The persistent night terrors and nightmares can destroy the quality of life. They become a constant reminder of the past, and from a clinician's point of view, are very difficult to treat.

This is my story and my journey to recovery. It is not written as a scientific treatise. I share this with you to highlight another wonderful aspect of medicinal cannabis, and hope others will learn and benefit from my personal account.

“Post Traumatic Stress Disorder (PTSD) results from extreme attack on psychological wellbeing involving threat of loss of life or intense physical harm. Individuals stricken with this malady frequently find themselves reliving the memories of the trauma through ‘flashbacks’ during waking hours and night terrors and nightmares when asleep, the latter two resulting in insomnia which further compromises psychological wellbeing. PTSD can completely undermine an individual's attempts to operate as a functional member of

society.” (Wikipedia)

Genesis of the Horror

In late 1977 I found myself sitting in the Youth Hostel in Munich. I had come to Europe in the hopes of meeting my father, who I knew to be attending a conference in Vienna. I had based my European budget on costs I had experienced during 18 months of traveling in North America, but Europe had proven to be far more expensive than I expected. I was broke, alone and desperate.

It was then that I was approached by a fellow traveler, a Rhodesian guy who called himself David. David told me he had been a mercenary in Rhodesia, and that he had come to Germany to recover after being wounded in a combat operation in Angola. David asked me if I would be interested in earning some quick cash by becoming a part of a syndicate that was transporting cars from Munich to Tehran. All I had to do was drive a BMW to Iran, with all expenses paid and DM600 bonus on delivery. The only catch was that I had to have the BMW registered under my name. The idea of doing this was quite exciting, so with empty pockets and a spirit of adventure, I signed up and became one of 5 drivers, all around my age (22), and headed off.

The journey from Munich to Tehran was along the Transport International Route (TIR). We drove non-stop to Istanbul, where we had a short respite while the 5 cars in our convoy were serviced and readied for the long haul to the border. In Istanbul we stayed at the Hotel Benson, and spent much of our 3 days hanging around the Pudding Shop. It was a blast to be quite honest, and the hash was cheap and plentiful.

After leaving Istanbul, we drove non-stop to the border crossing at Dogubayazit, where we were met by Kurdish smugglers who helped us with the crossing into Iran. Once in Iran, it was a clear run to Tehran, where I was eager to pick up my DM600. I understood the cars were to be sold and then used as taxis.

Now, this is where the tricky part came in. I had received a stamp in my passport at the border noting that I had brought a vehicle into Iran. If I left Iran without that vehicle I would be required to pay duty, as all cars imported into Iran were subject to a 100% impost. I was asked to give my passport over to the syndicate, so that the stamp in my passport could be removed. This was done, and all 5 drivers left Iran on the train to Istanbul, traveling as tourists who had arrived into Iran without a motor vehicle. I had just become an International car smuggler, and was reveling in the danger and excitement.

On my return to Istanbul, and filled with a sense of excitement, I decided to do another run. This proved to be the biggest mistake of my life.

The second run was in a Mercedes and things went much as the first, but this time at the border things went awry. One of the drivers in our convoy was recognized by the Iranian Customs Officer who had processed his first entry a few weeks earlier. He was arrested, and the other vehicles in our convoy were closely scrutinized. I was told that unless I paid a US\$5000 bond for the Mercedes I was driving I would

not be given entry into Iran. As the car was to be sold in Tehran, paying a bond was not an option. I spoke with the leader of the syndicate and it was decided I would return to Istanbul, as the car would be sold there instead, albeit at a reduced profit. I exited Iran and re-entered Turkey, then drove back towards Istanbul.

The drive back was uneventful, until 100 kilometres short of Istanbul. I was pulled over by a police officer who had noticed the front number plate on the Mercedes was missing. It must have shaken loose on the bumpy roads in eastern Turkey. Ordinarily this would not be a problem, but on examination of my passport, the police officer noticed that I had an entry and exit stamp from Iran on my passport, dated the same day. Bear in mind the border crossing was remote, and this was very unusual activity.

Following several failed attempts to bribe the police, I was arrested, and taken to the local police station where I was interrogated, beaten, and beaten again. After several hours, I was transferred to Sagmalicar Prison in Istanbul. Ironically, I was transported in the Mercedes I had been caught in. I drove, believe it or not, with two armed police sitting in the rear seats with their AK47's.

On arrival at Sagmalicar I was taken to a small room, stripped and beaten. Over the next week I was water-boarded, beaten frequently, had electrodes attached to my testicles, and I was buggered. I was seen as some sort of terrorist, munitions or drug smuggler, and it seemed impossible to convince them otherwise. The fact that I had crossed into and out of Iran on the same day at a very remote border crossing had set alarm bells ringing. They were determined to discover their truth, and would not accept that I was but a smuggler of motor vehicles. Having had contact with Kurdish people did not help my situation.

After it dawned on them that I was in fact telling them the truth, I was locked up in a dark cell in solitary. The negotiations for baksheesh had begun, and my destiny was in the hands of the mighty baksheesh dollar.

I cried out for God. I cried out for my mother. I cried out for help. None came, and my mind festered in that stinking putrid cell.

I was finally released after a payment of US\$700. At no time was I taken to court, and at no time was I allowed to contact my Embassy or the Red Cross.

I am not going into any further detail on my state of mind here. Suffice to say I was brutalized beyond anyone's comprehension, and scarred deeply for life.

The Dreaming

Some 15 years after my release from Sagmalicar, I began having night terrors and nightmares on a regular occurrence. I would wake several times during the night, filled with fear and drenched with sweat. It would always be the same dreams, night after night after night. My life slowly started to unravel and my world began to be filled with anxiety and fear. I dreaded going to bed because my mind would fall back into the deep dark horrors of Sagmalicar as soon as I turned the lights off. I re-lived the beatings, and my sweats reminded me of the waterboarding. I became dysfunctional and my marriage collapsed. I fell into a sad life of poly-drug use, and began to sense a strong feeling of social exclusion. I felt incredibly alone.

The dreams came and went with an increasing frequency and intensity. I tried everything from strong sedatives to prolonged sessions of cognitive therapy with a forensic psychologist. It was one step forward and two steps back. There was just no escaping the simple fact that I eventually needed to sleep and that all the therapy in the world would not help. When the lights went out and I fell

into the dark, my mind took me further into the dark. I was desperate to find answers.

I began to look for answers.

Reclaiming the Night

One advantage of growing older is that you can look back on the past and see patterns in your life. I had noticed over the years that when I smoked cannabis, my PTSD symptoms seemed lessened. I found in particular that my anxiety levels were diminished, and that depending on the strain of cannabis I was smoking, my moods were also modulated to tolerable levels. This was a critical observation as depression had set in as a result of my anxieties and sleep disorder. I noticed also that I was able to sleep through the night without dreaming. It was the absence of dreams was truly the key to finding the answers that no doctors or psychologists could give me. I started looking on the Internet and could find nothing on cannabis and dream suppression. Sure, there was plenty of info on PTSD and the wonderful results from using cannabis as a primary treatment regimen, but nothing specifically on REM and dream suppression.

I then made a decision that I would need to be the master of my own destiny, so I devised a cannabis-based treatment regimen, specifically tailored to meet my needs. I began to source cannabis strains that I knew to be efficacious in mood modulation and dream suppression. I collected genetics from around the world and began studying the results of my observations.

Over a period of time I began to notice that while the benefits of dream suppression were good from smoked cannabis, it was not good for me to be smoking. I looked for other avenues of THC delivery, with the basic premise being that any method chosen must have an easily titratable dosing method. I was not happy with edibles, as I discovered it took a long time to get an effect

and it was difficult to get the correct dose. I was seeking relief from my dreaming, rather than seeking the high. In other words, I wanted the benefits of cannabis without the distortion of conscious thought you get when “high”.

I was at a point where I needed a miracle.

Don't Say Anything...Just “Mullaway.”

For the last 15 months I have been a contributing writer to 420 Magazine, an online cannabis awareness site based in Hollywood. I had spoken with my boss, Rob Griffin, and told him that I would be going to Nimbin to attend the Mardi Grass, as well as the Aussie Cannabis Cup. I wanted to write articles on what I experienced, as well as doing some networking. I knew Ed Rosenthal would be there, and I had spoken with Michael Balderstone and Andrew Kavasilas, so I was pretty geared up.

Mardi Grass proved to be a turning point in my life. It quickly became evident that the answers I was seeking to my PTSD issues were going to be answered. From the moment I met Lucy Charlesworth, I was sure there had been some divine intervention in my being in Nimbin, because a miracle did occur.

Mullaway Man is a man of compassion and love. He is an indigenous Australian who has a true passion for the cannabis plant. He is a benefactor of several compassion clubs, and what he does not know about cannabis, only God knows!

Mullaway Man and I had a chance to talk about my illness and my dilemma in finding the right medicine for my PTSD. Lucy Charlesworth had previously mentioned to me about Mullaway's tinctures, and Mullaway explained to me the process of making a tincture. He gave me a small phial to take home with me to trial and see whether I found relief for both my pain and my dreaming issues. I knew

that THC was particularly good for pain, and I was curious about the impact it may have on my dreaming. The best thing about Mullaway's tinctures is that dose is easily titratable. It comes in a small medicine bottle, and has an eye-dropper for convenience of delivery of the medicine.

When I got back to Canberra, I found straight away that the tincture was the holy grail of medicines for the treatment of PTSD. Not only did it give me immediate and prolonged pain relief for my broken back, it also proved to be a wonderful mood modulator and dream suppressant. I have been using the tincture for nearly 2 months now, and I have not had a single night terror or nightmare since. I now look forward to going to bed, and my quality of life has profoundly increased.

The tincture is also convenient, as I am able to carry it in my pocket where ever I go. It is a socially acceptable way of administering my medicine, and it is easily titratable; I only need to adjust the number of drops required to get relief.

Mullaway's tinctures are a miracle. I will write more on this in subsequent issues.

Having written all of this, I only need to remind you of one thing ... **Don't Say anything...just “Mullaway.”** ■



Medical Marijuana & Migraines

By Bill Durban

My pen name is Bill Durban and I'd like to tell my story about medical marijuana (cannabis is probably the more accurate term).



migraine.eu/UserFiles

I live in Western Oregon, the rainy side of the state. I've lived here for most of my 50 odd years. I've got a wife and two children, one wonderful granddaughter who is the delight of our lives, followed closely by the new puppy we got this week! It's been a long dry spell of no dogs since our two died.

I'm a teacher in a small private high school and I do have a graduate degree, although some might argue it is just in Education and therefore not worth so much. Certainly the current society of America disvalues education and you can see where that is heading. I fear we will become a nation of idiots before too much longer, easily controlled by those with the money and brains.

When I was a just a teenager, 13 to be precise, I began smoking cannabis. I smoked more or less regularly for the next ten years. I finished high school early (or at least I was done with it) and began to attend University. I quit smoking for a number of years for various reasons; no time (raising a family is time consuming), no good herb and not many friends who still smoked.

All my life I've suffered from tension and sinus headaches and so my frequent and painful long-lasting headaches seemed to be more of the same until about five years ago. I've always bought the 500 tablet size Ibuprofen bottles and they'd last me about a month and a half.

The day that changed my life was a normal day; I was at work and started to feel that my vision was "weird." It was when I put my hand over my left eye and realized that I couldn't see out of my right eye that I became very concerned. I thought that maybe I was having a stroke but the symptom didn't seem to get worse, so I called my local doctor and they rather unhelpfully said, "Call an eye doctor since your vision is impacted."

Later I got a strong headache and felt terrible. The next day I saw an

eye doctor and he diagnosed me with migraines, explaining that what happened to my field of vision was a classic aura.

Then it was off to the doctor's office for some medication for migraines. The choices are fairly appalling. One of the medicines lists sudden death as a side effect! The one I did try made me more nauseous than the headaches themselves (I'm pretty lucky, I don't throw up with my migraines). It was about this time that I tried using cannabis for my migraine due to my Internet research. I will never forget that first inhalation and the reduction of pain that was immediate relief. Two tokes were perfect.

Since I live in an enlightened state, I was able to go to the doctor to request becoming a marijuana patient. I was very nervous about talking to my doctor about it and was doubly nervous talking to an intern who was doing his office rotation—especially since he was a former student. I talked to the intern; he tried to encourage me to try the other pharmaceuticals, which I was not excited about, as the cannabis had worked wonders. I saw the doctor finally and he was extremely encouraging and told me that it was a wonderfully safe drug and one he has no problems with allowing his patients to try. He said his oldest marijuana patient was 78!

I found a provider to grow cannabis for me and applied to the state and received my card in the mail. I use cannabis sativa blends such as Kali Mist—about a 70% sativa—and the cleverly named “Shoe,” more of a 50% sativa/indica blend. Even a pure sativa works well. I've not tried the more indica predominant strains, as I don't think they've got the necessary combinations of THC and cannabinoids.

My anecdotal experience is this: I've been a medical user for 4 years. I used to get from 1 to 20 migraines per month. I now get about 3 to 4

per year. Now the longest I've gone without a migraine is 3 months. When I do get them, there is almost zero pain; the migraine mechanism does cause me to become tired, in spite of the cannabis usage, which I attribute to the migraine being to some extent like a seizure. If I'm at home when I get the aura (for me a flashing dark light I can see with my eyes closed), I can stop the migraine in its tracks with one to two tokes. Oddly, the cannabis used in this circumstance doesn't make me high. I have found that smoking at least 3 times a week seems to keep the migraines at bay. Current research shows that migraine suffers apparently under-produce cannabinoid receptors in humans (See NORML study at end).

I've found that my mood is much better since I've been using cannabis on a regular and therapeutic basis. I smoke about 3 times per week and generally only once a day when I do. I try to smoke the smallest amount possible: one to two tokes, as that seems to be about the right amount. I've never needed more than two tokes to stop a migraine.

Something that I think needs to be mentioned and perhaps emphasized is that cannabis encourages introspection. I've learned that I can avoid migraines by being careful when I enter a dark building from a sunny space—that seems to set off the aura and that extreme exercise without proper nutrition and water will also trigger a migraine. The cannabis also has let me see how full my life is: my wife is wonderful, my job is an ever-changing adventure and my family brings me joy and contentment. Before I became a regular smoker, I didn't consciously think of these things, I was more drawn to the negatives. It's not just all peaches and cream, sometimes the herb shows me exactly how I've screwed up. I assure you that I'm not an old time hippie idealist!

I'm more relaxed, happier and generally more optimistic about the

future. I do certainly hope that we can end this madness about cannabis. It is still a moral issue and I certainly can't tell my teaching colleagues about my experiences, they would be appalled. I am very thankful that the state of Oregon has made this available and that cannabis works so well for so many conditions. I now buy Ibuprofen in the 100-tablet size bottle and they last many months!

As for advice to new cannabis patients, I would suggest starting slow. Many of the baby-boomers smoked a bit of weed back in the '70s and the biggest difference between the cannabis now and then is freshness. Back then the majority of the herb was probably at least a year old before the consumer lit it up. The cannabis will be stronger in effect and one toke is plenty to start with. Try one and wait 15 to 20 minutes and then try another. Too much is too much, and it won't do anyone any good if the dose is higher than necessary. This is why smoking is my method of ingestion. Eating it is fine, but very unpredictable in terms of dosage. I'd suppose that many aging “boomers” such as myself will find that cannabis therapy in addition to cancer treatments, or the pain of joint replacements, or just the simple arthritis that comes from living an active life, to be a huge benefit. In fact, I suspect cannabis will be legalized before long due to its benefits and its low cost compared to modern pharmaceuticals.

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How Medical Marijuana Helped Save My Life



oratio.com

Rev. Edward Kelley

For the Rev. Edward Kelley, choosing to self-medicate in the treatment of mental illness became a matter of life or death.

The year 2007 brought with it a lot of surprises. It was a trying year filled with victories and defeats. This is my story of how I survived a deadly 7.5 cm ascending aortic aneurism, renal cancer, numerous cerebral and retinal strokes (causing blindness) all the while, holistically treating documented cases of Post Traumatic Stress Syndrome (PTSS), bi-polar/manic depression and scoliosis. This is how I relieved myself of the pain and anxiety associated with these ailments entirely with the use of medical marijuana.

During these years past, years filled with strife and confusion, it was not prescribed psychotropics that pulled me through this! No! Not at all! It was medical marijuana that helped me get a grip! To maintain my life, to ride the waves of pain and insanity!

With all the facts set before the people, combined with a positive documented history about the uses of marijuana both medicinally and industrially, we have to admit, far as we can see, this prohibition is a sadistic one. It has in its short history destroyed lives and has torn more families apart far than the herb marijuana has ever done in the history of mankind. Politicians! Doctors! Lobbyists! Enough is enough! This prohibition over the use of medical marijuana must come to an end now! People, like myself, are not only living longer, we are living out our lives in a world too filled with medical evidence and scientific fact for our testimonies to go on being ignored any longer. I am a partially blind trauma/suicide survivor and cancer patient. This is my story of how med-

ical marijuana has helped and is helping save my life and one that is to stand as a testimony of truth from myself and for others like myself. I am a physical witness standing before the world health organizations with valid medical documentation proving the benefits to the use of medical marijuana.

At the age of fifteen, I was diagnosed with Post Traumatic Stress Syndrome (PTSS). A suicide survivor, I was again diagnosed bipolar in 1996. It was then that I began my treatments with the typical mainstream psychotropics, i.e., lithium, Depakote, Carbamazepine, etc. etc. the list goes on.

My experience with these deadly pharmaceutical drugs proved to be a painful one that delivered the typical side-effects most of us are aware of: general poor health, weight gain, slurred speech, poor vision, thyroid disorders etc. etc. We know this list of deadly side-effects goes on, enough has been said. In truth, any one who has experienced the prolonged use of psychotropics knows that this all comes with no true signs of any lasting improvement in mental stabilities. It's a hop, skip and jump back and forth between the meds. In those six years of chemical psychotropic therapy, I had lost, for the most part, all contact with my true self, who I was, what I was, I couldn't feel the world around me, for a lack of better words, my emotions had been nullified. These prescribed "Meds" essentially numb you out. This was my experience and one that I understand to be a mixed blessing, for with this experience I can say that I was there and I now understand the world of psychotropic therapy with a profound clarity that only supports my logical choice in my continued use of medical marijuana.

It was, after six years of trial and error that I finally came to a turning point in my life. As I recall, it was early one afternoon in August of 2002 that I had the profound realization that my life and any purpose that I had in the world was failing, and to top it all off, I had this paranoid feeling and at times I believed that I was going to die a premature death. The influence was so strong that I made the decision to take 100% responsibility over my health and personal well being. The psychotropics had failed me in many aspects of my life. Not only did they take their toll on my health and vitality, I had fathered a child with several birth defects that are known and have been proven to be a direct result of the deadly pharmaceutical Carbamazepine.

I wanted to be myself again. I was a poet, a spiritualist and a self-designed shaman. I wanted to be my bohemian self that I once was, not another stuffed shirt. I wanted to feel again, I wanted my life back and the psychotropics had to go. I came to the decision to treat myself through the use of medical marijuana combined with medicinal herbs and a holistic life style—a decision, as I stated above and as you shall read below, truly, all in all, saved my life.

As many supporters for the use of medical marijuana may know, it was that up until 1937, the American Medical Association opposed the prohibition on medical marijuana. Yet, many doctors in this day and age disagree with the use of medical marijuana and the practice of maintaining one's health holistically, foolishly stating that there is no evidence to support our claim that medical marijuana combined with natural foods and a holistic lifestyle can actually help the body heal and recover from the ailments of disease.

I would like to remind these doctors that this is the year 2008, not the dark ages. Yes, even then, there was plenty of proof to the benefits of medical marijuana. Between the years of 2004 and 2007, as I expressed to my doctors that I felt as if I were dying, they all scoffed at me because to them, I appeared fit, trim and in seemingly good health.

It was the summer of 2004 that I sat in my former doctors office and I expressed that no matter what I did, I was in a constant state of pain, all jokes to the side, I further explained that I didn't feel as if I was ageing very well. After this comment this doctor looked at me in a most puzzled fashion and remarked, **"Every time I see you, you complain about being in pain!"**

I had no reply to this statement, for I was to busy picking my jaw up off the floor. This was the second red flag he waved. **The first red flag was that he didn't support the use of medical marijuana, a blatant revelation to the future of our short-term doctor/patient relationship.**

I am now 43 years old and in these years that have come to pass, I have come to know myself through the practice of maintaining a holistic lifestyle. And with the constant use of medical marijuana, I have been able to feel myself and I have been able to hear what my body was saying to the rest of my being. Because of this, I knew in these years past that something was wrong with my physical body-so much so that I had reoccurring nightmares of death and dying. It was in my plight to prove that I was suffering and ill with a potentially fatal ailment that doctors, even to this day, have doubted my words of a self-fulfilled prophecy.

It was then, with the previous retinal occlusion that occurred in June of '05, that I first expressed to this doctor of my fear to that of an impending premature death. He naturally dismissed this claim as paranoia for I am sure he hears this complaint often. Regardless of what he perceived and regardless of the fact that I had been taking care of myself as a good patient should, something was amiss.

Through all of this, through all of the pain and anxiety, I used medical

marijuana for controlling my mood swings, easing my racing thoughts and PTSS symptoms with an optimum state of health through the use of a balanced diet, antioxidants, herbs, combined with the holistic practice of Kundalini yoga, Tai-Chi and regular physical exercise. Yet, in the years that had just past, no matter how I tried to feel better about myself, both physically and mentally, nothing seemed to work. My health was quickly dimensioning and I had been continually experiencing strange neurological symptoms that I did not understand and symptoms that the doctors (then) did not accept as valid. Ironically, **These symptoms would latter be described as Transient Ischemic Attacks (TIA) and mural thrombosis.** In a nutshell, a TIA is a minor stroke that for myself personally, not only affected my eyes with flashing lights and blinding disturbances, I was being plagued with Tinnitus (ringing in the ears), shortness of breath, confusing thought patterns, difficulty speaking and numbness to limbs and mouth, coupled with an odd cramping and tearing pain to my upper stomach. Even with the noted retinal occlusion as a result of one of these attacks, all of these symptoms had been dismissed by doctors as being a form of anxiety, or, as one doctor suggested, "a migraine headache with floaters." With all of the pain and anguish that I felt, I couldn't listen to these people. I wasn't going to buy it! Something was wrong, very wrong. I knew it and I wasn't going to back down! During this time I am thankful for the powers that be and for my wife, who not only selflessly supported me. She as well courageously stood at my side during this time of trial and tribulation. She spoke up for me when she knew that the doctors were not listening to this patient.

Throughout my life I have been plagued with these odd visual disturbances that to date have become chronic and unexplained. It was in the morning of June of 2005 that I woke up to a typical attack to my eyes that consisted of random sparks of light and blinding flashing lights, blurred blotches of blindness. Unfortunately, this time the end results would be permanent and after the final diagnoses it would come to be known as a retinal

occlusion-in short, an ocular stroke that brought with it the symptoms of minor strokes or Transient Ischemic Attacks (TIAs) with an added lesion to the retina of my right eye. By spring of 2007 these symptoms had now become more frequent and reoccurring on the average of every three days. Terrifying, and by now, at this stage, with such frequent re-occurrences, I feared that I was going to loose the vision in my left eye as well or worse yet, I would fall victim to a full blown stroke. Logically, I stated this because, as these attacks effect both eyes, the loss of vision to my right eye was a nagging reminder that, as you shall discover, saved my life.

It was midmorning of June, 2007, that, while suffering from a TIA, my wife insisted on taking me to the emergency room. We arrived and the triage administered aspirin to ease the suspected stroke symptoms that the ER Doctor dismissed as being "inorganic" and "exasperated." He then agreed with a previous neurologist that I should try using an anti-anxiety medication. After this statement I then reminded this "smug" doctor of my previous diagnosed retinal stroke that occurred in '05 and that a recent MRI revealed two minor strokes to the brain. **I then further explained to him that every time I experience one of these "attacks" that he was dismissing as being "Inorganic and an exacerbation of symptoms" that I am threatened with permanent and irreversible retinal damage causing blindness and I had the proof!** After this, and not until then, did he take into consideration my severe heart murmur that had been sighted, yet overlooked as unimportant by my previous doctors.

It was then that he informed me of the dangers and risk of heart murmurs and how they can cause strokes and TIA "minor strokes." Really! You don't say?!

We were finally getting somewhere, that's what I wanted to hear! With this fact before us, I demanded that I be given the proper test to rule out any possibility of bacterial buildup to my ascending thoracic valve. I was given the referral for the test and even with all that I had shown this doctor, in his report and referral, he still doubted my

symptoms and passed them off as being exasperated and as well, he stated in his final report that my symptoms were, and I quote, "Borderline psychosis" and "Most of his symptoms are most likely psychological." This statement has been my most favorite diagnoses to date. I laugh at this, his impression of my lunacy may have helped save my life, I had finally got his attention!

On July 17, I received my sonogram that not only revealed I had a blown-out thoracic valve but something even more alarming: I was carrying over my heart a ticking time bomb. It had been discovered that I had a deadly 7.5 centimeter ascending aortic aneurysm, exactly like the one that claimed the life of actor John Ritter. An aortic aneurysm is a silent killer. When they strike, they are quick and extremely painful. This type of aneurysm is virtually undetectable unless discovered by accident. The cardiologist who examined me that day estimated that I had been growing this aneurysm for over five years. As well, at this time, it would be discovered that I had a 6.5 centimeter tumor on my left kidney that would be later identified as malignant renal cancer. This explained the tearing pain in my upper stomach. These two findings were completely accidental on the part of the technician conducting the sonogram but one that I call a miracle.

Now, for the first time in six years, it was clear. I made the decision to take one hundred percent and total responsibility for my self and my actions. I set out to treat and beat my bi-polar disorder and PTSS with the use of medical marijuana and living a holistic life style. This choice ended up not only being one of the most difficult things that I have ever done but one that proved to be a fight for my life. And because of this, I survived. Personally, in the past six years, if I would have listened to those doctors that had dismissed my symptoms as being inorganic, exasperated and borderline psychotic, and if I would have continued the use of anti-depressants and anti-anxiety medication-I would have died, obviously. I am proud to say that in these last six years I have been successfully

maintaining my bi-polar disorder without the use of their pharmaceuticals.

I have had such success that my wife of 15 years now claims that I may have all but conquered my bi-polar issues. For these "doctors" that state that there is no proof that Medical Marijuana can actually help a person in dire medical need: Excuse me! I am standing right here, right along side hundreds of thousands of other documented cases proofing the benefits and successful use of medicinal marijuana. I can't suggest my way of treating mental illness to anyone, personally; through all of this, this "rebirth of awareness" has been hell. It was only that after years of trial and error combined with careful considerations to my life at hand that I live to offer my support and insight.

To use medical marijuana takes serious discipline and, not unlike pharmaceuticals, medicinal marijuana comes with a number of added responsibilities such as keeping it out of reach of children and curious teens-as important as with any medication. A patient needs to keep with a consistent medication schedule, using it responsibly by knowing when to use it and when not to use it and being wary of its recreational use.

I state this, for this is a medication that we are attempting to legalize in hopes that one day our people can enjoy the responsibility of having complete and safe access.

In the year of 2007, from March 15 to December 31, I have had received two major surgeries, open heart on August 29, my kidney removed on December 19. 8 blood transfusions, 23 medical exams, 10 lab referrals, five emergency room visits and two oral surgeries. With all of this behind me, you might think that I'd be through it all, right? No, unfortunately not. It was that on Dec 31, 2007 I ended my year with another retinal stroke that claimed _ of the field of vision to my left eye. Just as I feared and had warned every doctor that had examined me in the last three years,

this fear is now a harsh reality. A final work up revealed that I am suffering from a "Factor Five Leiden Blood Disorder," a progressive disorder that causes the thickening of the blood, placing me at an increased risk of stroke combined with another possible malignant tumor to my right kidney.

Regardless of the crisis at hand, I am not going to allow this to drag me down. On the contrary my friends, for how much vision I have left to see the world by, I can assure you that this coming year of 2008 will be the best year of my life. It is by my diligence to not take "No" for an answer, not to surrender my will to the ignorant. To stand for what I believed in and what I have known to be truth.

During these years past, it was not those deadly mind numbing psychotropics that pulled me through this. No! Not at all! It was medical marijuana that help me get a grip, ride the waves of insanity and pain. This blessed herb helped me maintain myself so far to the point that I have been given the opportunity and the strength to deliver this message to you and to the world so that our suffering may not be in vain. God Bless.

The Rev. Edward Kelley is an ordained minister of the Gnostic Universal Life Church. A published author of five manuscripts in poetry and spiritual non-fiction.

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SPOTLIGHT

with Jeremy Norrie

Interview with **Brett & his wife Kari** from Marijuana Saves Lives

We recently had a chance to sit down with Brett from Marijuana Saves Lives and hear a little about his story as well as learn a little about his projects.

Only 33 years old, he and his wife, Kari, have been through a lot. While they were dating, Kari became very sick and was diagnosed with Crohn's Disease and they found little help in their experiences with doctors and western medicine.

That is, until they discovered how effective marijuana was for medicating the problem. Brett has read a great deal about just that and was able to share much info with us.

TY: I understand [Kari] is sadly the one with Crohn's. How are you feeling?

Kari: I'm feeling much better these days, I can do most things, and it's really not as bad as it was.

TY: That's actually what I wanted to ask you about first. Can you tell me how you got sick?

Kari: I was about 23 when I first got sick. At that point, I had already known Brett for a long time, we already were dating and living together.

So yeah, I was 23, and I felt this pain sometimes. I started having problems with it, so, like anyone else, I went to doctor.

But the pain kept getting worse. I would go to the doctor and they

would tell me to try these pills or this diet and see how it went. I must have had multiple misdiagnosis and tried many different pills.

Finally, they decided I had Crohn's Disease and they gave me a bunch of pills and things to try. I kept going back, but it wasn't getting any better. Each time they would say to try different things, like they were just guessing.

Brett: We thought they were going to just give us a pill, like "Here, take this and it will make it all better."

You grow up thinking that when you get sick, you're supposed to go to the doctor and they give you a pill and then you get better.

So we kept going back and we would end up getting a different pill each time. And these pills were making her feel bad. She was getting cramping and her pain was actually getting worse. Then the bathroom a lot, and she had blood in her stool...

Kari: I was just a student too.

Brett: Yeah, she was a full time student, working hard and trying to get things done.

So she went to the student doctor first when we first noticed the pain. He sent her to specialist, outside of the school. She had to go through a variety of tests, but he is the one who told her she had Crohn's

Kari: But they didn't know what caused it and they don't know how

to cure it.

Brett: They wanted to remove her colon and give her a colostomy bag, and they wanted to cut out a section of her intestine. It didn't make any sense.

Kari: At this point it had gotten so bad I needed full-time care. Brett quit his job so he could take care of me. At this point I didn't smoke much because we had to spend so much on pills and what have you. You know, we thought of pot as just recreation. We didn't even have any most of the time, but every once in a while one of Brett's friends would give us some pot. I don't know how he got it.

Brett: I had known that pot would help some of her symptoms, so I would beg my friends for it and they would give me a little for her. Every once in a while we would get something real good and it would really, really help, but I never put it together.

Before I get too far ahead, let me explain a little more [about] how we got to this point.

You see, we had a mentor, who had the disease as well. She had children, so we thought there was hope for us to also have children. She told Kari about her gastro specialist and vitamin routine. Kari started seeing her doctor.

While we were going to the doctor, they wouldn't listen to me because we were not married, and since I loved her and wanted to eventually ►

get married anyway, we decided to go for it and get married now. Well, then the doctors would talk to me, but they would tell me that I was doing the wrong things for her and I would be killing her. They wanted me to have her take more pills and eventually do multiple invasive surgeries. I did research and we didn't want to do it.

To add to that, we talked about it, and they still were very vague and admitted that they didn't know if the problem was being treated by the medicine or if it was simply running its natural course.

Kari: I was taking 27 to 30 pills a day, and some of them had the same side-effects as the symptoms of the problem I was trying to treat.

Brett: As I read more and more, I learned how inefficient the procedures they wanted to try were and how little they actually knew about what would be effective. None of what they wanted to do was dealing with the immune system, the actual problem.

We agreed at this point that if she wasn't going to do the surgery, she mentally had to come to a decision that all she was going to do was get better. She had to think positive and cross over the bridge where she was depressed and move more towards a feeling of progress. Also that she would have to stop thinking and worrying about anything other than her own health.

Kari: I was so bad that Brett had to carry me to and from the bathroom, and not one of the doctors could even say, "Hey, just between you and me, maybe some marijuana might help."

Brett: Talking with friends and family, I could only compare her condition to cancer or near death. I would say it's like dying, so they would understand what she was going through.

Kari: Another thing we had to worry about was that any little thing could

greatly impact me, as my immune system was so very, very low. No one was allowed to the house.

Brett: I was full-time nurse and full-time cook. We had the gluten-free and The Maker's diet; The Maker's diet is a great way to jump start digestive system.

And my mom told me to not worry about working and everything else.

We had moved home to take care of Mom and she turned the tables and took care of us. Made my car payments and took care of every possible thing and told me, "You just take care of your girl." That's why she is here. My mom is the best.

Back to the story, we eventually went to get her a recommendation for marijuana and I was sitting there with O'Shaughnessy's newspaper, I had brought it home to read something else actually. As I was reading it and flipping through it, I started thinking and so I said to Kari, "We can't chalk this up to coincidence any more that every time we get something good. you get better. It's been 4 times now that [you have] been totally sick and I am not going to let this go anymore." As I turn the page, I see a two-page spread about how cannabis alleviates Crohn's symptoms. I had searched every night since I had found out what the problem was, every night on the Internet looking, searching for something, any kind of help.

I never thought to search for Crohn's and medicinal qualities of marijuana but once I did the search and started to read, I learned so much. Like how marijuana rebuilds the gut lining and modulates the immune system, for example. Really important information. So then I would try and find new things, and I searched so many things and found so much info. I was shocked no one had even tried to clue us in on the possibility that pot would help her.

Kari: No doctor ever even mentioned it to us in any way.

Brett: Even though there was so much information about its possible effects, nothing was ever mentioned to us.

We actually had 2 or 3 near death experiences previously and we had to have some serious talks about trying to change things. Then we found cannabis and it was good for a while, but then we went to Colorado...

Kari: For a family visit, we had a relative that was near the end, so I had to go.

Brett: So then we started thinking, "How can we get medicine?" We couldn't fly with it, so we had to find someone in Colorado. I found one number on the Internet for a dispensary in Colorado, and through them we found a way to get medicine donated for our trip. We also got a new thing that was a special non-psychoactive tea and after trying it were blown away. We tried to find a way to make it but were not able. I finally looked on-line and found instruction on something similar, and just as we got back she started to get sick. The trip was a little too much.

I have seen her get so near death, and it really bothers me. I would cry a lot, and I would keep it from her, but in doing that I only made it worse for myself. I got some money and we decided the best thing would be to try and make this tea alternative... a milk of sorts. I put the milk together and I was so careful... When I gave it to her, I noticed right away that the pain left her face. And, she stopped going to the bathroom.

Kari: It was amazing. It was the first time that I slept through the night without waking up to go to the bathroom in two years! Finally some real relief! It actually took my pain away. No pain pills ever came close.

So the next morning, when I woke up, we decided we needed to be able to make a lot of this.

Brett: I was so pissed off, that no one had given us any information and that in this day and age, no one had discovered this potential treatment. We got money together and paid to go to the doctor, not to get any help from him, but for us to educate him on the way cannabis has helped our sickness. We gave him the information and he told us he couldn't give us any note or anything to get marijuana. He didn't understand we were there to try and help him. He wanted us to leave and he was very evasive, he said, "Good for you, but I can't use this information for anything and I can't give this advice to anyone."

That's when I saw the truth about the pharmaceutical industry

Ever since then, we have been on the milk. Some days she would go without it and her symptoms would come back after a little while. We were getting \$5000 a month from the family to help her. We tried going to these "compassion clubs" and not even one attempted to help us in any way. They claim they offer their patients compassion and need compassionate donations so they can get their medicine for the lowest cost. We didn't see one dollar's worth of support or any kind of medicine discount from any of these "compassion clubs."

After a couple of years, only one guy helped. Dave from Reseda Discount Caregivers would help us get a good price for quality medicine and sometimes give us an ounce at a time... He seemed to really care about Kari and I.

Kari: Yes, Dave and Michelle were great to us.

Smoking helped me eat and not be nauseous. But the milk helped with everything else, it helped me have energy and less bathroom trips. I was getting out walking it was good. I was getting better.

Brett: We told our mentor about what we had found and how it could

help her and she responded with a strange reaction, but somewhat understandable seeing as the way cannabis is looked at here. She wouldn't take it, she said it was good we had found something that worked but she had kids and she couldn't risk doing something illegal. We explained the medical angle, but she still saw it as an illegal drug. Shortly after, she passed away, because of a stigma, bullshit lies...

Kari: When the mentor passed on and we thought about why, then that's when Brett came up with Marijuana Saves Lives.

TY: Brett has a clothing company and a few websites doesn't he, what are the names again Brett?

Brett: Marijuana Saves Lives Clothing Company, MedicalMarijuanaPatient.com, MarijuanaSavesLives.org, MarijuanaSavesLives.net, MarijuanaCuresCancer.com, MarijuanaCounseling.com, 420Patient.com, MSLClothing.com...

TY: Sorry to interrupt, please go on...

Brett: Oh, no problem. We decided we can't let this go on, we have to start a website and start telling people about this. We got to get people to the website, so we made the stickers and the shirts, and I think it also helps to change the stigma. One purpose of our website and everything we do is simply to get the positive message about how marijuana saves lives out to the most people we can. Selling shirts and stickers and everything else is just a means to that. You see plenty of pot shirts out there; why not give people a chance to wear one with a positive message as well? We have been lucky enough to get out to shows and display our message there too. Even just on the street as I walk by people and some make comments, I know the comments and discussions I have had have changed minds on that small level as well. I would love to have concerts and get to the youth, so

they can bring these topics to their parents and other relatives as well. I support anything to get the message out.

I even have had personal experience with this. My family has a history of disease and after showing and telling my mom about the positive facts about marijuana as medicine she still was not convinced, until she saw Kari get better.

Now Kari's parents have come to me, and they thank me. They tell me things like they think I brought her back from death, and they really appreciate it more than I can express in words.

Even my mom now tells people to try marijuana for their sickness. She has become a total advocate. In a way, we want to see these same changes in everyone's lives and that's partly what we are trying to do.

Now she is so much better. Smells used to make her feel sick. Now she smells something and wants to go enjoy it.

Kari: The worst food even smells the best, when I was disgusted by most healthy and natural food before.

But I do eat healthy for the most part, but sometimes I get to eat something regular and it's okay. I feel fine as long as I eat mostly to my diet most times.

Brett: One of the things we started to do was carry a cooler with us everywhere because she had to have food all the time and that made her feel better, and of course we always had to have access to a bathroom nearby. Also, I would try and give her digestive system a break so we made smoothies with protein, which worked well. We put the cannabis milk in it too.

Now, even though we have the cooler, we still can get by when things run out. Like for example, today we have food with us, but we could even just go out and eat right now. ►

That's where we are at now. We went to Santa Cruz and we had run out of smoothies, so we stopped and got a cheeseburger.

Kari: The milk has boosted my immune system so much, even when everyone else in the house gets sick, now I don't get sick. They all get the cold and I don't even get sick at all.

Brett: She didn't even get the cold. And after all those times trying to think of how to fix the problem, it was right there in front of me the whole time.

The hardest part now is just keeping her supply stocked. The milk takes a lot of Marijuana to make and it takes 3 cups a day to maintain her health. It is a constant battle. And we have to get good, preferably organic medicine and it costs a lot. We cannot grow where we live so we have a caregiver, but it still does not cover what she needs.

I am just so thankful for everything that has happened with medical marijuana in California and thankful to everyone involved in the movement, all the doctors all the collectives and everyone; I would not have been able to heal Kari using medical marijuana without their brave steps. So I am really grateful.

TY: Brett, you and Kari have an amazing story. What can people do to help you?

Brett: Wear our clothes! Support MSL Clothing and MedicalMarijuanaPatient.com, but mostly just get the message out there in your own personal way at very least. Talk to everyone you can and tell them about the healing properties of the plant. Let them know what is going on... When someone is sick, before you use any other medication, look to see how marijuana helps. Do not forget Marijuana.

Tell people about the marijuana milk. The recipe is on our website. Soon we will have a video tutorial. The milk is what really helped. It is a real, complete medicine that heals

the body's physiology, bringing all body functions to homeostasis. It has both the fat-soluble and water-soluble properties. It is a real medicine.

When someone is sick, tell them to go to MedicalMarijuanaPatient.com. It is a patient resource with content for the first time user all the way to the experienced caregiver. We want a first-time medical marijuana patient to be able to go to the site and find out dosage, studies about their illness, all kinds of recipes—and most are sugar and gluten free. [There are] forums for patients to communicate and discuss every aspect of patient's life and [information on] how to get medication safely from a reputable source. The site is not finished but will be soon.

So get this info out there and help people.... Marijuana saves lives. That is how you can help us the most... Help those who cannot help themselves. And to all you growers that can afford it, please give some pot to a sick person.

Kari: Yeah, I mean the T-Shirts and Stickers are all at the website and at stores and dispensaries and everywhere, but anyone can spread the message for free too. If your dispensary or head shop does not carry our clothes please ask them to order ASAP, and we need more medical marijuana artists, so please contact us if you're reading this.

TY: That's an awesome message. I am really pleased to get to speak with you and I hope you are able to make it into our family here as well.

Brett: Thanks! I hope to make it into the family as well. I love what the magazine is about. Marco is a great guy I would like to stay in touch with everyone.

TY: Anyone you want to thank?

Brett: I will speak for the both of us, I would like to say a special thanks to Mom. You are the best. Thank you for everything. You have made it all possible. Being there through

everything... I do not know what might have happened if it were not for you...I love you.

Thank you to Kari's family for all the support and love. We would not have gotten through it without your support.... I thank you with all of my heart.

Thank you Dad for being so kind. I love you Pops!

Thank you to my brother Eric, you stuck by us, helped us all day and night. All the while working a full time job. Thank you.

My cousins Nick, Aaron, Dennis and Jimmy.

Thanks Shahin from Hot Box Vaporizers (www.hotboxvapors.com) and One Source Products for being a good friend. Much Respect!

Again, thanks to everyone in the movement. Valerie & Mike Eddy, Jack, Dennis, There are so many wonderful passionate people I have made some wonderful life-long friends.

And Thanks Marco and to everyone at TreatingYourself!

TY: Thank you for taking the time to speak with us today. Don't forget to check Brett and Kari's website for more info, MedicalMarijuanaPatient.com

That concludes this issue's interview. Hopefully you were able to use the article to find more information about how Marijuana Saves Lives came about. Maybe you have been thinking about looking into this issue more for yourself and now you can try something new. Maybe you will now go out and search for more information.

Watch out for the next issue where we will talk about more cannabis related news. Also, keep your eye out for "The Battle of the Buds: California vs Amsterdam," more info can be found @ www.AmsterdamDVD.com. Also check out www.RLDDVD.com for the best new DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype and find what works for you. Good luck. ■

Ship of Piracy

A visit with Spirit:
(coffeeshop Amsterdam)

By John Rolling Thunder

I am cold and its late afternoon and the busy crowded streets of Amsterdam have slowly thinned out from the late cold spring storm falling upon the city. It was only yesterday that the warm sunshine mixed with the air resurrecting the sweet scents of fresh green grass, flowers "bloemen" blooming. The sounds of the Jordaan, a beautiful part of the great city of Amsterdam had all come alive as all worshiped the sun in the plethora of outdoor coffee shops and cafes. So simple are the Dutch. So beautiful and real are there smiles. There're people on buses, on bikes "fiets". Walking, while others motoring by in their brightly colored, infamously shaped Dutch canal boats complete with the Dutch flag waving and smiling to us all as we stood on the bridge looking out. Smiles everywhere, these are the Dutch. The sun, life, good friends, good coffee, good smoke and wise conversation is what I refer to as Dutch joy, the art of relaxation. The Dutch are known for taking time out to relax stop and enjoy life.

Well that was yesterday before the storm blew in. Walking in a hurried pace to get out from the rain I descended upon a coffee shop hashish bar on Westerstraat in the Jordaan area of Amsterdam center called Spirit. Spirit caters to many locals within the neighborhood. Tourists off the beaten path often stumble into the spirit.

I walked through the doors, to the right video games and to the left different kinds of games. For myself I am not much for games but to most I am sure it is video heaven. Going down a few steps in front, a huge jukebox with a most eclectic combination of musical selections I have seen to date. Staring out in the back I could see pool tables. Spirit is deceiving that from the outside it looks small but is actually long and spacious with booths and tables lining the length of the coffee shop close up, a cozy bar with stools with room to walk around

and view the permanent exhibition of paintings of Dutch artist Pim Sluiter hang everywhere, reminiscent of M.C Escher another famed Dutch artist completes the atmosphere of spirit. Sitting at the bar sipping some hot chocolate smoking some zero-zero hashish I began.

JRT: I understand spirit is one of the oldest coffee shops in Amsterdam, which says a lot serving all the changes of the city. You must have some history, yes?

Spirit: Yes spirit opened in 1980 here in the very same place. In 1986 there were still no laws on marijuana it was permitted. Legal well... (he pauses) nobody knew what the police would do. Ja know, raids all these kinds of things. It was about that time friends got together to keep spirit alive. We pulled it all together.

JRT: Was spirit a bit off course? As in struggling to keep it together and stay open?

Spirit: Yes John that is why we came together. Spirit is not located, as you can see, in the tourist area of the city but here in the Jordaan. There were many coffee shops at one time all competing for customers. We have built our clientele of good nice local customers. We don't mind tourists they do come in from time to time. We are a best little known secret. Best hash bar, ja and we have good prices. We achieve this and business is good, we love our neighborhood. At one time spirit had many junks and troubled young people in here. Many pretty young girls were hired to help the customers but they did not know much about the business of marijuana. It was a time back then of chaos. A ship of pirates, of piracy sort to speak, ja. Nowadays there are no junks or party girls anymore. Nice people come from the surrounding area in the Jordaan. We gather because we are Dutch, to talk, smile, and have a good time.

JRT: And you do my Dutch friends know how to relax. So you have over 20 years experience I was told by friends of Spirit.

Spirit: Ja, ja.... Buying, selling, and gaining knowledge of it to run a busi-

ness and have wise conversation with customers.

JRT: Do many customers ask you questions about marijuana and hashish or the laws?

Spirit: Ja, all the time. We are like old wise hippies here! (He laughs). They ask what is the law for tourists. Like up to five grams permitted by law for personal use. Amsterdam police can check the weight of hashish or weed here 3 to 4 times a year. If they notice anything suspicious they will charge us or close us down or both.

JRT: How many coffee shops are open here now in Amsterdam?

Spirit: There were over 300 at one time open here in the city but now there are around 200 left. Most of them are closed or taken away by the fangs of the law. We here at Spirit have always stayed clear and smart of the law. That is why we are here today. Our neighborhood has changed. We have good friends here in spirit. We have good music too. The artwork gallery is a tribute to the art of Pim Sluiter.

JRT: Spirit, how do your customers view the use of medical marijuana?

Spirit: We have many; many come in for health or for calm. We have a customer about 75 years old, a man with a heart condition. He comes daily to pick up his medicine or to sit here and smoke with us. We have old and young as I said we are a ship of piracy we have our own rules, we run within the law. We in Spirit coffee shop have the point of view that we treat everyone with respect for everyone is different. Those who have problems we feel responsible to help them on the good path of life. So everybody in here feels safe and surrounded by good friends. We are all Spirit friends here. We take care of each other as you say, John (he laughs). Give love and it will give back! ja.

JRT: Bedankt mijn vriend, Spirit.

Spirit: Dankji ■



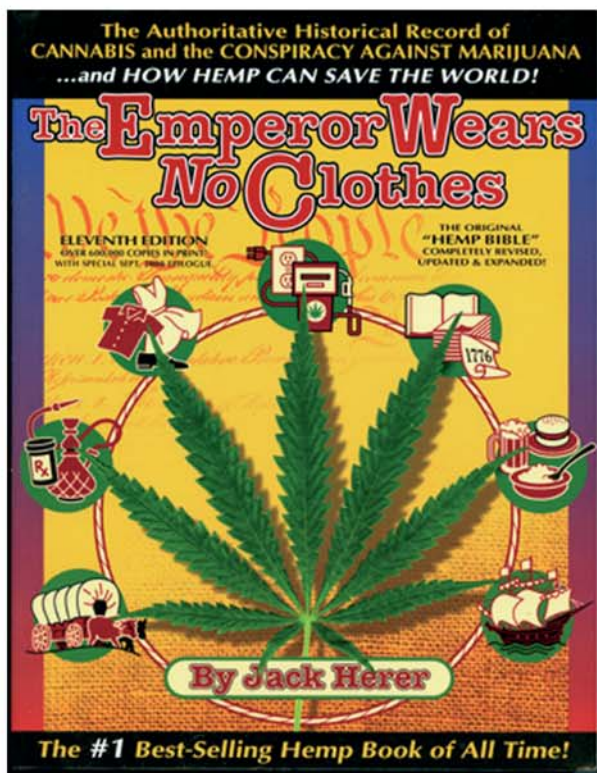
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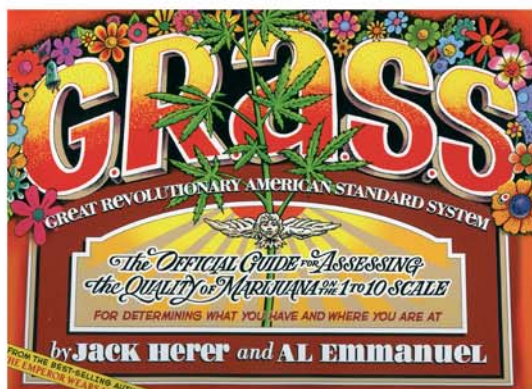
T-Shirt - 55% organic hemp
45% organic cotton



Hemp Face Wash, Face Cream,
Shampoo, Conditioner, Body Wash,
Body Lotion, Baby Wash/Shampoo,
Hand Cream, Body Lotion



The Emperor Wears No Clothes



G.R.A.S.S.



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Double Barrel Double Venturi
Ricocheting Effect Pipe



Day Pack - 100%
organic hemp



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The Emperor of
Hemp - DVD

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The Art of Being Silly

An Interview with Silvia Bak: patient, artist, activist and humanitarian.

Written by John Rolling Thunder

Photography by Aaron Cox

I was first introduced to her through a close friend of mine, a famed Dutch artist Pim Sluiter well over a year ago. Pim knew she and I had many things in common. The most significant one being is that she and I are both long term survivors of often fatal chronic illnesses. Her name is Silvia Bak she was born on June 5th, 1966 in the industrial city of Haarlem outside the great city of Amsterdam. Silvia suffers from cardio pulmonary lung disease. With a 17% lung capacity to breathe, it has taken its toll through the years in a long fight to stay alive. I could see it in her warm and gentile smile. I could see the fatigue and the weakness of body in her eyes, along with the inner strength of a woman that

has been to hell and back. Even more so, I could see she is like an angel of "de Vrije Stad".

Think about it. How would it feel to be without breath? I know personally from pneumonias and other immune related lung problems when I was unable to breathe its horrifying. Living day in and day out I give her the credit she deserves for her accomplishments and triumphs. I met Sil in person in late April of 2008 during my stay in her beloved city of Amsterdam, Noord-Holland, Netherlands "Gezellig" means chill time or time to relax, talk and share with friends, have a cup of coffee and of course something to smoke. This interview took place in a centu-

ry old beautiful Dutch home nestled in the Jordaan area of Amsterdam.

There were xxx-tremely high ceilings decorated in rich ornate designs wrapped around crystal chandeliers over 100 years old. Elegantly hanging from the ceiling were metallic-pinkish-purple-silvered curtains shimmering, draping themselves all the way to the floor. Peeking out from these lovely curtains, a balcony, "het bloemen met tulpin" was blooming with tulips and many other "mooi" or beautiful flowers. I turned having commented on the beauty of their great city as I looked down two floors onto a canal complete with a most distinguishable Dutch houseboat. As we began to ►

smoke some hashish, I asked her, "Silvia, medical marijuana or cannabis plays an important part in your life, talk to me about the role it plays."

Her beautiful blue eyes peering through her xxx-tremly blonde hair lit up, like the bowls we were passing around. Speaking with a very soft Dutch accent combined with a competent use of the English language she began, "because of smoking marijuana, I can function. I feel good most of the time like everybody normally does. When I am well and smoking medical I can enjoy my work more so. I have my good days and my not so good days. Medical marijuana helps me get through the rough times." I replied, "How so." She answered back, "I get headaches from lack of oxygen to my brain. Sometimes my lungs feel long and crushed up together like no air in a couple of balloons or like a fish out of water in the sand. I cough some days worse than others. Thanks to and because of marijuana, I always have the good energy it gives me to get through each day."

I am most grateful to you for this gift; this breathing machine (nebulizer) you bring to me this is so kind of you Jonnie." She squints with tears in her eyes. With a smile inside, thinking to myself how I love to give and I knew this would benefit her health, I was also happy to unpack it from my luggage! Pausing now for a moment she replied; "Now because of you and the generosity and kind gesture of Marco (Marco Renda publisher of *Treating Yourself*) I now have a very good vaporizer, the Volcano digital, so nice, so kind. Dankji." I asked her, "Sil, breaking the moment when tears easily could have filled the room. Tell me about your art. I know sometimes when I'm painting the fatigue of long hours get to me so I smoke to cover this weakness." She continued talking to me with her Dutch powder blue eyes, "when I am well. The herb gives me new inspiration for new material when I am well on good

days. My art and drawings are very colorful. I draw what comes to mind and what comes to heart. Silly art! ja know. I like to knit and crochet too! When the weather is cold you see, I stay in and create art, make nice things like sweaters. I spend a great deal of time on the computer as well." Turning to her I stated, "Silly you mentioned to me that you were recently honored by MySpace or some affiliates on my space?" She smiles, "Yes. I was honored by a group by the name of "Do Something Good for Everyone". I was honored for my contributions to life in the world helping people and animal rights issues." MS. Bak has donated a part of her artworks to Gallery Le Point in the Czech city of Prague to benefit the blind and sick orphans in India and Nepal.

When asked about her feelings towards America and the war on Iraq. Her prompt response was, "I think the American government should feed the hungry, help the sick and poor charismatically first, before spending money on space projects. I think the war in Iraq is a response to the threat of terrorism in Iraq and also the threat of terror to the world. Innocent people are being blown up." I remarked, "It has to



stop where it begins." She says most candidly, "In regards to the armed forces, the Army should be made up of volunteers who receive just payment or rewards for wanting to be heroes. People should not be forced into the military or fighting battles as in the era of Vietnam. If terrorism dies out in Iraq, the U.S.A. should withdraw its troops and replace them with volunteers to help the people of that war torn country regain quality of life." She adds, "I think Bush should listen to the voters and legalize innocent medical marijuana and hemp in the U.S.A."

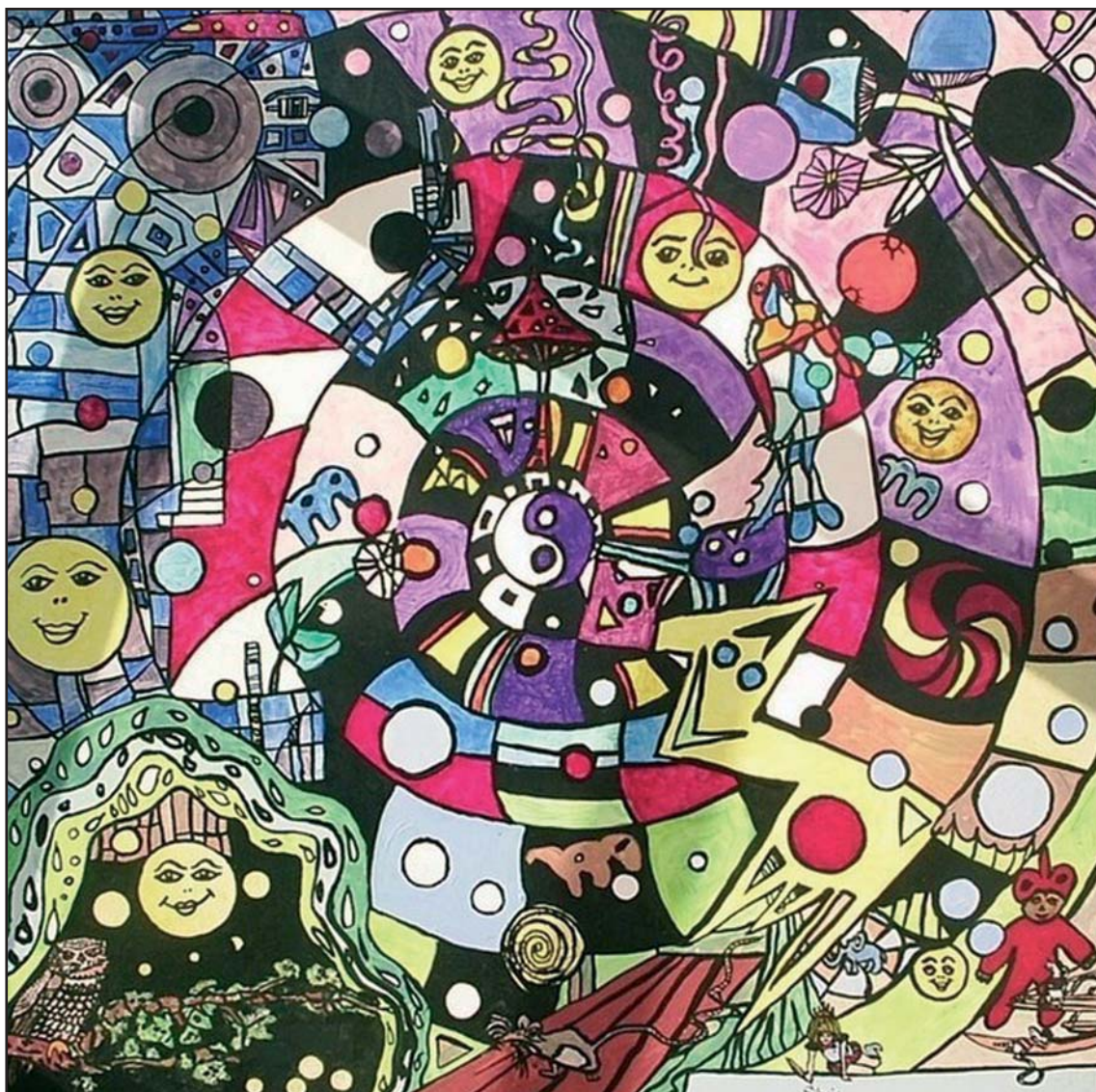
I went on to ask her about what she thought of the differences between Dutch culture and American culture and she replied, "first of all, cannabis is legal here in Holland. Our jails are not full of weed smokers, sellers or growers. In Amsterdam we view Americans and America as a whole, to be a very aggressive violent society. America has a bigger problem with hard core drug addicts then here in Holland, mainly because of our soft drug policies. Second thing is we the Dutch take time out during the day to enjoy our coffee together and wise conversation. We do know how to relax!" Putting the pipe down to cool, she picked up another filled with Afghani hash, dark and pungent, different then the Ketama from Morocco or the spicy Charras East Indian hashish we had just finished smoking. She continued, "as far as America having any culture "white" America has none. America's history is the story of the Indians, the wisdom of the true Americans. They are the only real Americans, their culture killed by a cultureless people." She goes on, "here in Europe we have a historical culture, and you can see it everywhere. Our museums are full of paintings from many centuries ago. We have a saying here in Holland, freedom of speech is our culture. Painters, writers, musicians along with democracy gave us our great historical artistically rich culture. Having the freedom to exhibit works without censorship, for all to

see. Amsterdam is known as De Vrije Stad, "The Free City" for a good reason. We in Holland have an affinity for bicycles. We have a bike riding culture. "Fietzen" we call it, "bike riding". I believe we eat much healthier than Americans too. Americans do smoke their weed "pure" contrary to us, while we mix it with unhealthy tobacco. We do pay about 40% over our income in taxes to feed the poor and chanceless people so everyone can get along. American movies show us only heroes and wealth and not the true reality such as the poverty in America and the death of the middle class. American leaders always seem to separate America from the rest of the world in a way where they think they are the best, the only ones important in the world, which is not the case at all."

Sitting in the grandeur of the room I could hear the rain fall as Silvia came back out from the kitchen with cheeses, breads and hot tea. I asked her, "During the times it rains like this, what do you do?" Silvia said, "during our cold wet winters here we stay inside or go for coffee, smoke and go to smile with friends." I responded, "Where do you like to go?" She coughed lightly and said, "We are spirit friends." "Spirit friends," I echoed. She replied, "We love our coffee shop, Spirit. It is one of the oldest coffee shops here in the city. It is here in the Jordaan." I asked her, "is that the French word for garden?" She responded, "Yes, this is the name of our neighborhood. The Jordaan is known for its distinctive dark green doors and window frames throughout, every building has this."

The rain has stopped and the moon now is peaking out from between the clouds, separating the cerulean blue evening sky. Turning to her I asked, "Well mijn vriend, shall we go to Spirit?" She answered, "Why not!" Grabbing our coats we headed down the narrow and steep stairways Amsterdam is known for. Stoned as I was, I made it down. The air so clean and fresh, thinking to myself, after such a mindful conversation, thanking life for bringing us together and for Pim Sluiter our dear and close friend. Silvia Bak is someone to know and someone definitely to love. She is a remarkable person and an extraordinary human being. A patient, an activist, artist, humanitarian, and most of all an angel of De Vrije Stad. ■

Satisfaction





Romulan

by Next Generation Seed Company

Genetics

Korean/ Columbian

Flowering

Indoors - 8 weeks

Outdoors – October 15 – 20

Yield

medium

Effect

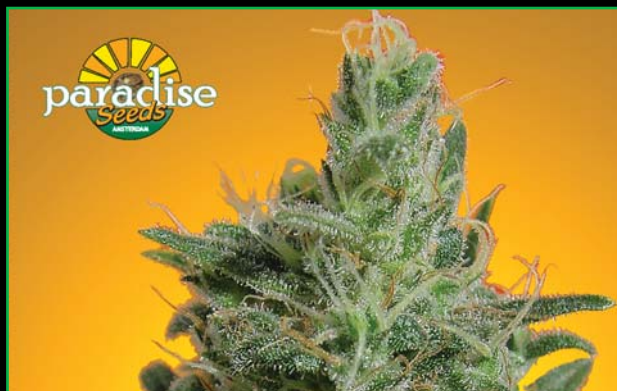
heavy body sedative and strong cerebral relaxation

The original Romulan clone was taken in 1976 by a breeder that started its development upon returning from the Korean war. This grower from Vancouver Island selected fast flowering, very potent phenotypes from sativa based strains. This was the pinnacle of his selective breeding of almost 2 decades. This clone was kept in a small circle and was first made famous by "Romulan Joe" in the beginning days of the seed industry in Vancouver, BC, Canada.

The Romulan by Next Generation Seed Company is made with this original "Romulan Joe" Romulan cutting. The male is an 8th generation Backcross that was selected from a large seed run (500 seeds). At this time most of the Romulan crosses are with this strong male, the flavor and potency of the Romulan is very dominant in its crosses. However, the growing structure tends to follow that of the female parent making for more potent, better producing hybrids. Example: Romulan x Grapefruit, Romulan x Hashplant, etc.

Romulan is renowned for its sedative qualities and is very useful medicinally. Its very high potency means only a small amount needs to be smoked to feel its beneficial effects.

When growing Romulan, monitor PH levels carefully. Its not very tolerant to large PH swings, and is a medium feeder on fertilizer, so don't overdo it. The smell from the plants and buds is strong. If privacy is an issue, make sure to use a carbon filter in the grow-space.



Nebula®

by Paradise seeds

Genetics

Indica/Sativa

Flowering

Indoors: 60 -65 days.

Outdoors middle of October (n.L.)

Yield

Up to 500 g per m2 in SOG indoors. 500-600 g per plant outdoors

Effect

Cerebral, trippy

Smell/ taste

Fruity, sweet

THC

15-18%

Prizes

Winner 3d prize Highlife Cup 2004 (hydro category)

Winner 1st prize Copa La Bella Flor Spain 2005

Winner 2nd prize High Times Cannabis Cup 2005

Nebula, "starcloud" was bred in 1996, this variety received the name for its stellar qualities. Nebula has an open structure that is excellent for indoor farming where the plants perform with optimal results in a sea of green set-up. Using 20 plants per square meter in this system, yields can be as high as a half-kilo. Nebula will do well in hydro, coco or soil indoors. This variety has been successfully grown outdoors in Holland and would be an appropriate choice for outdoor gardens in temperate zones that offer a 9 week minimum flowering time before the first frost.

Nebula stretches slightly, but produces obese buds when placed under lots of light. Like the name suggests, Nebula twinkles with the coating of THC glands, which are bound to take you into the realms of space. The buzz is transcendental and cerebral, sometimes even a little psychedelic. Nebula may earn the nickname "honey pot" for its sweet smell and distinctively honeyed fruit flavor. This variety is a fun tasty smoke, even for the veteran stoner.



LA Confidential

by DNA

Genetics

OG LA Affie x Afghani

100% Indica

Flowering

7-8 weeks

Yield

350-450g/m2

Prizes

1st Kush Cup Las Vegas 2007

(independant grower)

1st Indica IC420 Breederscup 2005

2nd Indica HT Cannabis Cup 2005

3rd Indica HT Cannabis Cup 2004

3rd Kush Cup Las Vegas 2006

Strain of the Year 2006 High Times

This is a great medical strain as it relieves pain and helps eliminate insomnia. For the everyday user, the high of this herb is psychedelic and energetic, with a hammer. This girl is a heavy eater. There are two real phenotypes of the Confidential and they will both finish in 45-56 days. One is a bit more hardy, but both equal in knock down drag out stone. Pre-veg'ing is advised to maximize the yield. Thinning the large fan leaves in the later part of the flower cycle will promote more light getting to the lower buds, thus increasing your yield. With an incredible smell and unique LA flavor, DNA's LA Confidential has won many awards.



N.Y.C. Diesel

by Soma seeds

Genetics

Mexican Sativa - Afghani

Indica: 80% Sativa: 20%

Yield

Minimum 25 grams

Flowering

10 weeks

Prizes

2nd place: 2001, 2003, 2004 High Times Cannabis Cup, best sativa.

The N.Y.C Diesel has its roots in the Big Apple, a friend brought the seeds and said that it was the best pot he ever smoked, he had dreads down to the ground so I believed him. This Cannabis tastes and smells like Ripe Red Grapefruits, once you touch the fresh buds you can't smell the other strains in your room or garden. N.Y.C Diesel will leave you an Exotic Taste, an Exotic Smell and an Exotic High.

NYCD is a strain for connoisseur growers and smokers. It can make buds that weigh 30 grams dry. It has won cannabis cups, breeders cups, has become one of Spain's favorite strains, as well as being one of the most copied strains in history. It can be found in almost every coffee shop in Holland. The authentic NYCD is only from Soma's Sacred Seeds.

Hemp in the Heartland

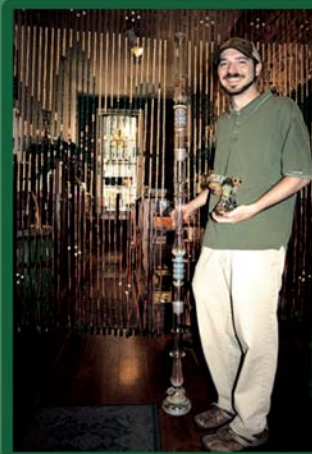
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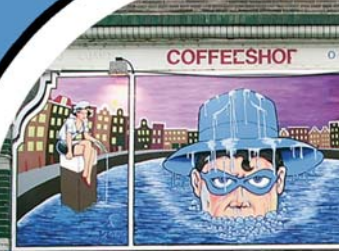
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Males and Pollen 101

By Subcool

Most growers never have the opportunity to learn the male of the species in detail and I thought it would be fun to discuss what I look for when choosing a male, how to go about collecting pollen and how to breed a full-sized plant.

Before talking about collecting pollen, it's necessary to talk about staggering. This is a trick I learned by trial and error that allows one to get the maximum number of seeds per plant. This doesn't apply to those just working with a branch or two, though I will discuss this also.

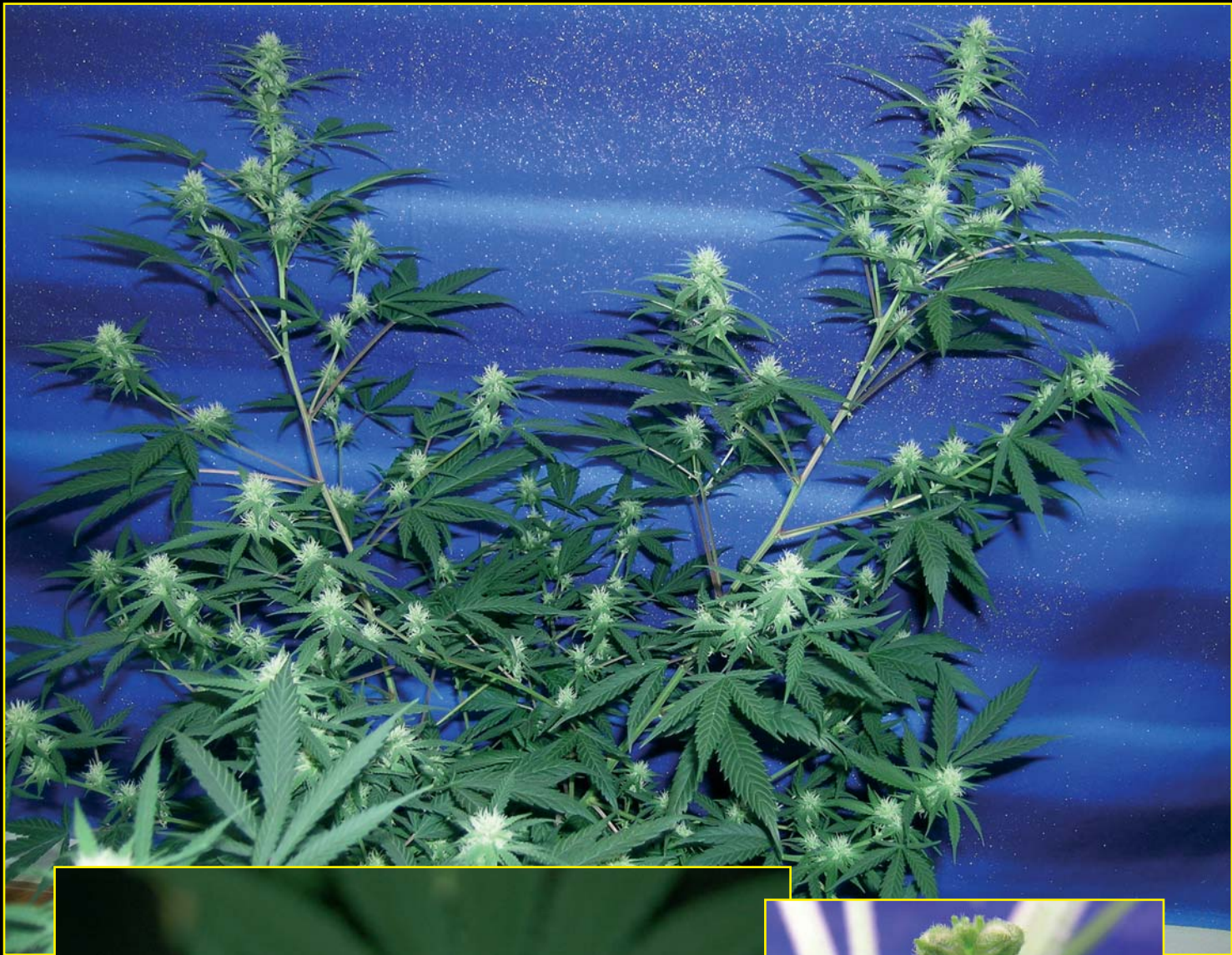
When pollinating a mother plant for seed, I will start her into 12 hours of lights on, 12 off for a full week before I move the male into the budding room. Keeping in mind that each strain's time frame is going to be a bit different, this seven-day rule has worked very well in my experience. This allows the female plant to develop enough pistils to produce a

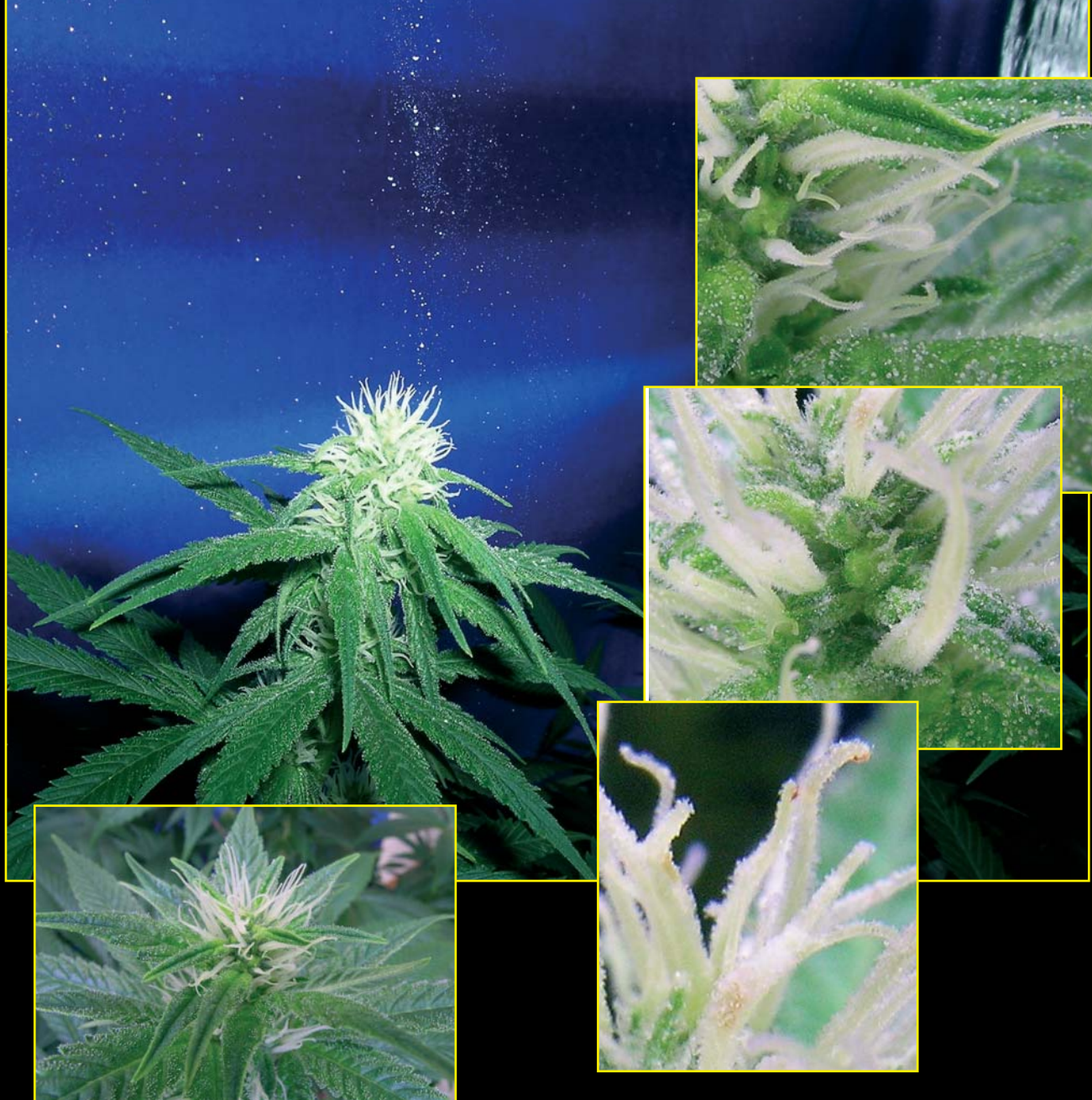
high volume of seeds. Once the male is flowering well, the females will be entering a window around day 21 to 24. Most hybrids I work with are done in less than 9 weeks so pollinating the females at 3 weeks in is good place to start. You can pollinate up to day 30 of budding but you stand a good chance of the seeds never maturing. As such, it is important to find each strain's perfect window. Strains that mature earlier should be pollinated closer to day 21 and longer maturing varieties closer to 30 days.

One thing I must insert, and when I say this I am not trying to be rude to the aspiring young breeders out



there, but concentrate on producing the best herb you can and mastering the craft of grow-room set up. You cannot breed properly in a cabinet. Granted, I do my work in a limited space but I have been growing successfully some 32 years and didn't start breeding until I had around 20 years under my belt. It doesn't hurt to experiment— that is how we learn—but I think at least a few ►





years as a grower are in order before anyone attempts breeding even though I lay out every single step. If you think it's easy, ask any grower how many complete clusterfucks he or she has grown out from so-called "Established Breeders." It takes an eye that is gained from experience.

Here are some things to look for when selecting a new male: firstly, the earliest plants to indicate sex are always tossed out. In nature, Cannabis is a hemp-dominant species and the drug traits we seek for medication have been bred into the plant over thousands of years by Man's intervention. In the wild, these hemp-dominant males accli-

mate the variety and the drug traits are dominated by other traits like fiber production and vigor.

Smell plays a huge roll in my selection process and once a male plant is sexually mature at about day 45 I analyze each plant by rubbing each stem and making notes on the ones I like best. This may seem very basic but it's been my experience that a skunky sour male will lend this smell trait to a new hybrid. Conversely, if the male doesn't smell incredibly dank, the results are less than satisfactory. The final attribute I look for in a new male is resin. The number and frequency of non-glandular trichomes on a young male plant can be a huge indicator as to the quality

of the plant. If a plant smells great and is covered in resin at day 45 I will absolutely give him a try with one of our best females. By comparing the sibling crosses to the original P1 female we can determine what characteristics are passed on. There is certainly much more to it, but this is a basic guideline of the external characteristics to look for in a male plant.

Now with the male in full bloom, we have our females in the breeding room. This area should be completely separated from main bud area and preferably in another building completely. If the two rooms share a common HVAC duct system you ►

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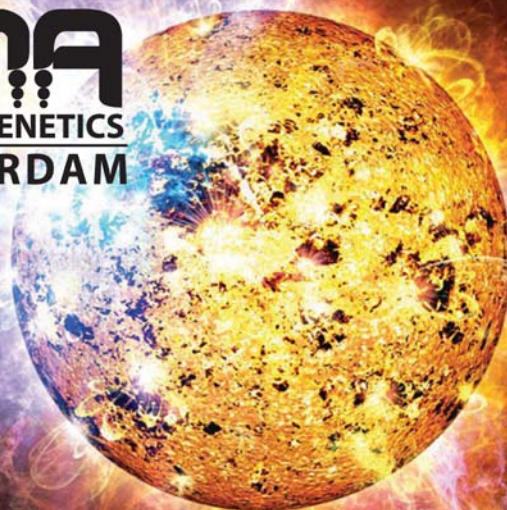
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will get pollution into your main area. Pollen is serious stuff that flies everywhere and cannot be seen. It will stick to your clothes, pets, et cetera. You must change cloths and bathe after entering your breeding area.

I prefer to simply allow my males to hang out with my mothers for a few days with a small fan positioned on the male with females in the air stream. The pollen naturally flies into the air as the stamen open, providing maximum coverage. I also like to pluck off ripe pods and gently roll them between my fingers over each cola head. I've photographed amazing pollen shots using this technique, later perfected by Jill.

One trick that can be used if you don't want to pollinate an entire room is the pollen trap. This trick takes a good eye for when the male stamens are about to open. If you

can figure that out, simply take two large Tupperware containers and form a box that will hold a cup with water. Wax paper in bottom and along sides and tops you have cut off the mature male. Place the tops to hang over the wax paper and tape the entire box shut this allows you to have it in a non secure place like a veg room. Warning don't spill the water it ruins the pollen don't put more into the glass that you need to I used a heavy bar glass that wouldn't tip over.

One thing we should cover is male cluster formation. When selecting a male for breeding, he's run as a mature full-sized plant and to see even if he has met all our other breeding criteria. If he makes big gnarly male clusters, this indicates the bud formation he might pass on.

Once the plants are fully pollinated I use a spray bottle to wash the females. If it's raining, I place them

outdoors for a night up high on a barrel where no bugs could possibly get at them. I prefer a gentle long rain to a spray bottle, but both remove any excess pollen. Once I have redundantly rinsed, I place the mothers back into my main bud area, making sure not to put them in the main air stream of my blowers.

The male Cannabis plant is equally as beautiful to me as a huge cola. He carries half of the genetic code that is responsible for creating the Dank and without him we could not create flavor combinations like Lemon Berry or Mango Orange. So remember: the next time you kill a group of male plants, they have their place in the world and are beautiful in the own way! ■

Subcool is the Author of
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Do you ever get confused by a strain name?

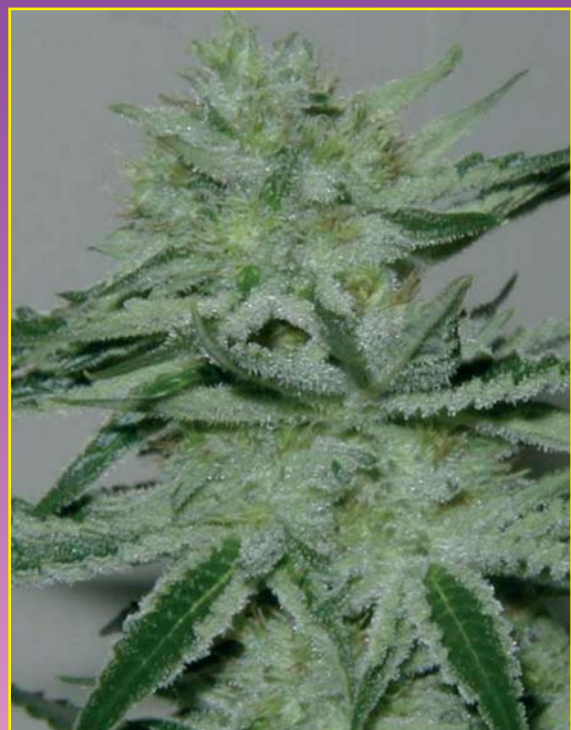
Do you know the origin of the strain you buy?

How do you know if it is the real deal?

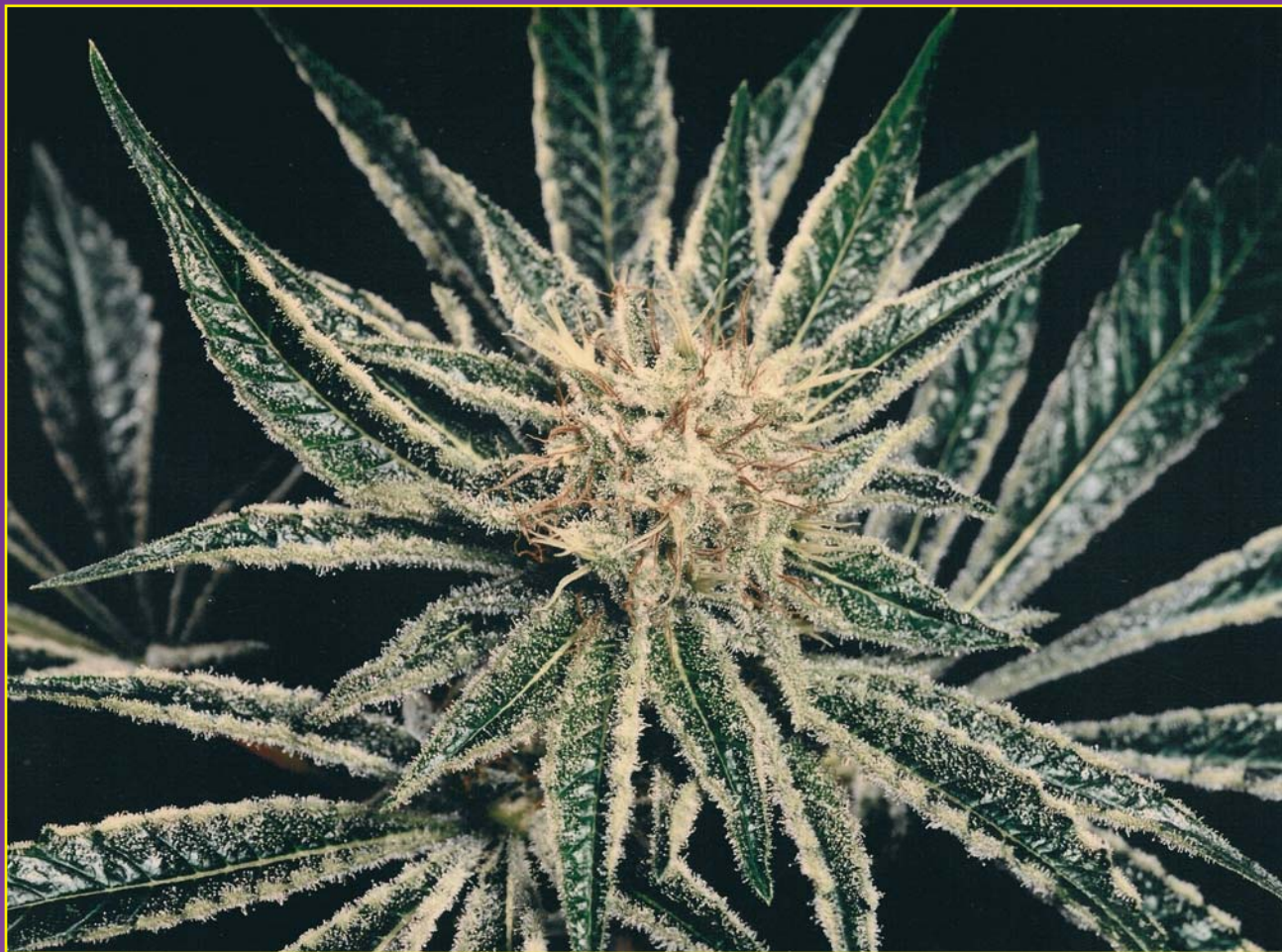
In the early years of Cannabis breeding (1960- 1980s) strains gained fame and recognition in the sub-culture of growing due to their selective breeding. That usually meant some travelers spent time in Asia or South America or Africa and collected their favorite land race seeds from plants they enjoyed. Those seeds were taken back to their home areas say America, Australia and Europe, planted and allowed to inbreed for many generations usually by allowing all the female plants to flourish and to select only one male plant. Therefore the following season each female that seeded again had those seeds planted and again allowed the females to be pollinated to a single male. This process was normal and followed the growing seasons, so one crop a year outdoors, until

this hobby gardening/breeding began to use developments in the plant/agriculture world like the use of artificial lights to keep plants in a growing phase(18hr light to 6 hour dark) or a flowering phase(12 hours light to 12 hours dark).

From the time cloning began in Cannabis there was a marked change in the concept of growing. Cloned plants allowed a continuous and consistent stable product time and time again...not to mention the competency of the average grower increased hyperbolically as technical information enlightened the growing world...a revolution was unfolding. Most early growers who had access to land races planted those seeds and selected the pollinated plants from their favorite female due



An F1 seed of Black Widow originating from Brazil x South India



Mr Nice Seedbank original BW mother plant

to strength or flavor or effect or yield or quickness to flower etc...Over time the seed being cultivated began taking on the characteristics it was selected for and usually reflected the breeders' personal choices in a plant. Since this work was not for everyone, it was easier to know a friend who did this work or had a reliable seed from which other growers simply grew out a female plant, cultivated it till the end of its life and use the dried flower till the next years harvest time. So even identical seed that originated in say Afghanistan and was dispersed to 10 different growers soon took on different traits as individuals selected for different aspects of the same general plant. That is how originally one could never get the same Afghan expression as say another grower of Afghan, since

each harvest of seed plants expressed slightly different traits to each particular grower/breeder.

I recall one of my early Kush grows has a plant that went reddish purple very early into flowering, while one of my good friends plants from the same original batch of seed from the same area always remained dark green till the end of its cycle. When we compared flavors and yields etc...there were similarities like sisters in a family. So as we worked with our own personal favorite female plants we slowly diverged away from sister plants until say after 5 generations of selective breeding we had two very uniquely different Kush females with the same origins, but not looking anything alike. This is why a lot of Seed

companies today can claim that the origins of the seed sold may be from Afghanistan, but explains why different seed companies have very different looking Afghan plants.

As clones began to play a bigger role in cannabis growing, so too did the hybridization of various land races, and breeding began to change into a multiplicity of colors and designs. Breeders who used Thai sativa plants fathers and began crossing them to Afghan female indica dominant plants and selectively reared the consecutive generations of seed by either inbreeding brother and sister plants of the same generation or via other methods of breeding, soon began to find special plants that combined both positive aspects of both parent lines . With con- ▶

tinuous inbreeding of these hybrids new sub-strains or cultivars began to emerge. Soon combinations both simple and complex began producing very different plants to what had previously existed. What was actually occurring was humans were playing the role of the bumble bee, allowing plants of different continents to be crossed to plants of other continents. A bumble bee could not fly all the way to do this long distance pollination, so humans did it by collecting land races, taking them to their homes and allow both continents plants to grow and cross pollinate in a new environment or a new continent. This gave rise to the new sub strains of today and the multi-hybrids currently in popularity in different parts of the world.

As these new plants were created a breeder would give the plant a common name like Haze or Skunk or Kush etc...soon that was not enough to distinguish between and growers/breeders began to create new common names like Widow Haze, or Orange Skunk or Lemon Kush, and slowly these plants got mixed to other hybrids and the complexities to trace the parental lines began. Considering most people do not go specifically to certain remote countries to collect Cannabis land races they relied on friends or friends of friends, and thus origins may not be as reliable as if you went there yourself. People who sell seed are not cheating or lying about the plants origins, unless they really do not know the parental origins and say they do. But considering the differences in personal selection the plants evolve to be quite different. Basic Mendellian genetics and sex linked genetics can compare indicas and sativas and respective dominances, but considering most people inherit

seed from other people's work over time it is an approximate science rather than a specific science.

Of course since the beginning of commercial breeding of Cannabis Seed which began in the Netherlands by Nevil Schoenmakers with The Seedbank (in the mid 1980's)...most varieties were inbred lines specific to particular areas. For example Mullumbimby Madness was a strain made from old Thai/Colombian land races in the 70s in Australia, and depending upon which source you obtained the stock seed from affected the type of plant you acquired, but the growers were all within a 50km radius of one another.

The Seedbank produced such strains as Northern lights, Big Bud, Hawaiian Haze, NL5 Haze, Super Skunk, Ultra Skunk and many others. These were bought by growers world wide and again taken back to the areas they lived and over time crossed with other selected plants, giving rise to the multi-hybrids most all seed companies and growers use to this day.

The most common or frequently asked questions I get on my helpdesks are from growers who after their first few grows start educating themselves on what things should look like based on fellow growers reports. Usually they are motivated due to the fact that their grows did not look anything like what the respective Seed company photo portrait the plant to be, consulted a few forums online and chatted to others who grew similar or the same strains. With a little research they usually find out they bought a strain with a name they wanted and a lot even had a description they wanted but still the plant they



A version of a flowering pure Lebanese land race



Pure Lebanese flower from second valley



Pure Lebanese flower from a third valley



A macro shot of resin can help identify the origins sometimes.



Pure Uzbeki landrace from a well know area

grew was not looking or did not give them the same aromas or effect described. A lot of these growers based their decision to purchase mainly on economics and therefore went with a company who could supply all of these aspects, rather than spend a few moments with other growers to hear their experiences with the same strain from the same company selling it.

Taking in to consideration that the cannabis seed industry is not a regulated body without a regulated set of guidelines to work by, nor do a lot offer any back up service or online helpdesk it is not so surprising that so many strains have the same names but are nothing alike! If it was possible to speak to the breeder directly, post photos of the strains in question, and compare your own photos to other independent growers of the same seed type it may make the Seed industry a little more honest. The internet will be the best way in the future for world wide growers to stay connected and with time will expose the frauds and the untruths.

The biggest problem that growers should be aware of today is that if a plant makes notoriety in an area and is called Nevil's Haze for example, then another Seed

company may decide to call a similar plant or their version of the plant by the same name. It acts only to confuse a grower and to try and increase sales based on a common name for the Seed companies. Nowadays certain Seed companies are even producing non-bred seeds, labeling them with a popular common name taken from other growers in other countries and claiming it is their creation, this is the state of the market and there are a lot of first time growers who believe anything if the price is right!

It makes sense to do a little bit of reading like you would for buying a TV or a new stereo. Make sure you can contact the company you wish to buy from directly, ask if they have specific policies on ungerminating seed, or seed damaged in transit. See if you can talk to the actual breeders or responsible parties not just workers of a company who have set parameters to work within. Talk to other growers and try to ask as many questions before you purchase to be secure with your seeds, as it is easy to call a seed anything since it will be a minimum of 4-6 months before you can tell if the company was pulling the wool over your eyes or not, as it takes that long to grow it from seed and most seed



Pure Uzbeki landrace from a well know area, but a few km away.

companies know this and take advantage of this. Do not forget that 'the customer is always right' and if you do not feel this with a company before you purchase the chances are you will not once you begin with their products!!!!

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Quality vs. Quantity

by Pydepiper

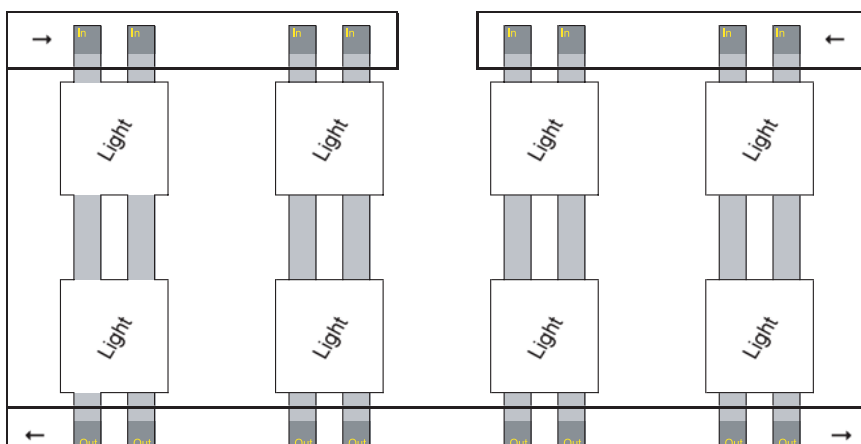


As a licensed medical grower in the state of Oregon, I am legally bound to a limit of six adult and 18 baby plants per medical patient in my care. It is not a question of quantity but rather the quality that counts, and as you'll soon learn, they go hand in hand.

I run eight 1000 watt Hortilux HPS bulbs in air-cooled hoods. Each hood has four ports for six inch duct work. I use one 12 inch inline fan per four hoods, which are spaced 2 feet apart from edge to edge.

The key to great quality is in the feeding schedule. There are many contributing factors to great quality, however, for this article, I will be focusing on the fertilizer menu and the manicure.

I have always used Fox Farm's Ocean Forest Blend as my medium. I



have experimented with other fertilizers, but Fox Farm remains the most productive in my circumstances. In addition, I also add a little humic acid to help with the roots and some additional perlite to help reduce mold and aid in drainage.

For the early stages of the plants life, I use Fox Farm's Big Bloom and Grow Big during the vegetative

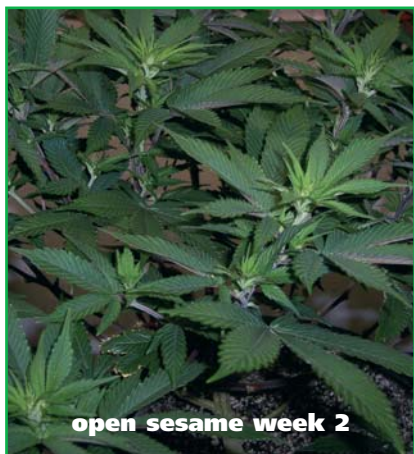
phase and try to keep the nutrient density at around 1000 PPM (parts per million). About every three waterings, you will notice that the stalks are very firm. This is an indication that your plants have nutrient lock up and are in need of flushing. Flushing the plant is a lot like flushing the toilet and serves the same purpose: to get rid of all the shit. Throughout the plant's life, I use ►

Week	Lights	Liquids/Concentrates				Solubles			Rinse/Flush
		Big Bloom	Grow Big	Tiger Bloom	Liquid Karma	Open Sesame	Beastie Bloomz	Cha Ching	Molasis
cuttings/clones									
1	18 hrs	2 tbls per gal			2 tsp per gal				
2	18 hrs	2 tbls per gal	2 tsp per gal						
3	18 hrs	2 tbls per gal	3 tsp per gal		2 tsp per gal				
4	18 hrs		3 tsp per gal						1-3 tbls per gal
5	12 hrs	1 tbls per gal		2 tsp per gal	2-2.5 tsp per gal	1/4 - 1/2 tsp per gal			
6	12 hrs	1 tbls per gal		2 tsp per gal		1/4 - 1/2 tsp per gal			1-3 tbls per gal
7	12 hrs	1 tbls per gal	2 tsp per gal	2 tsp per gal	2-2.5 tsp per gal		1/4 - 1/2 tsp per gal		
8	12 hrs	1 tbls per gal	2 tsp per gal	2 tsp per gal			1/4 - 1/2 tsp per gal		1-3 tbls per gal
9	12 hrs	1 tbls per gal		2 tsp per gal	2-2.5 tsp per gal			1/4 - 1/2 tsp per gal	
10	12 hrs	1 tbls per gal		2 tsp per gal				1/4 - 1/2 tsp per gal	1-3 tbls per gal
11	12 hrs	1 tbls per gal		2 tsp per gal	2-2.5 tsp per gal			1/4 - 1/2 tsp per gal	
12	12 hrs	1 tbls per gal		2 tsp per gal					2-4 tbls per gal



generic molasses available at any feed store. You can find 3 to 4 gallons for about \$10–\$15. When the plants are drinking everything given to them in a day, it's a good indication that they are root bound and in need of a transplant to a bigger pot in order to grow more. Immediately after transplanting, I put them on a 12 and 12 light cycle to put them into flowering mode. The less you manhandle your ladies, the less shock from the transplant. Be gentle; after all, they are delicate flowers.

Over the first week of 12 and 12 lighting, I begin to trim the bottom portion of the plant, stripping away smaller stalks and branches. As you can see from the pictures, I start at the bottom and work my way toward the top. I leave only the larger stalks and all of the main tops. I know that some of you might be afraid the neighbors will hear them scream, but I assure you that it's for their own good, and in a matter of days they will thank you. You can take note of the pics where I have practically stripped them naked



During the flowering/bud stage, I continue to use Big Bloom, and I replace Grow Big with Fox Farm's Tiger Bloom, and lots of it. If you feed them, they will grow. I go as high as 2000 PPM with a combination of different ferts, see chart. One thing to be careful of when starting to ramp up the PPM is that you can potentially get what is known as a fert burn. Be cautious and take note of your PPM. Also, you are going to get nutrient salt build-up, or "nutrient lock-up". You can reduce the nutrient build-up and stress by maintaining a pH between 6.2 and 6.8, which also will reduce the risk of a male plant infecting your ladies. I like to flush the plants with every other watering or so, essentially stripping them of all that build-up.



**Cha Ching week 6**

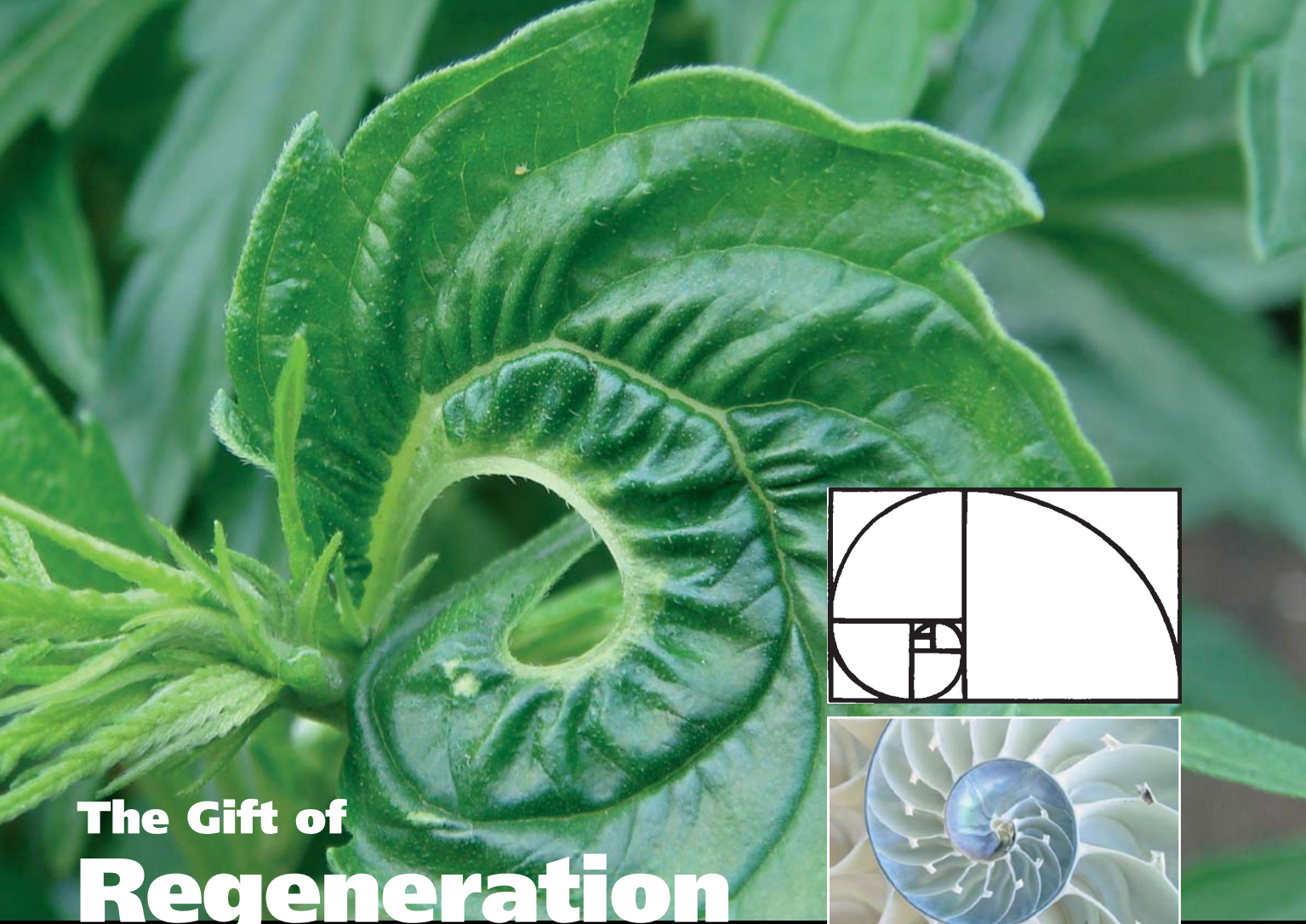
For the first two weeks of bud, I use Fox Farm's Open Sesame. This is a balanced blend of extra strength micro-nutrients specifically designed to promote early flowering and ripening in fruits, buds and flowers. It will also enhance flower size and multiple bud sets. Use it with every other watering, about 1-2 tsp per gal.

At week three, I move from Open Sesame to Beastie Bloomz. Again, I use this with every other watering. Beastie Bloomz is formulated to produce heavy weight fruit and maximize blossom development during the critical weeks of flowering. 1-2 tsp per gal will suffice. Over the next week, I again go through the garden, looking again to manicure the underside of the plant and trimming off any of the smaller wannabes.

For the remainder of the bud cycle feed schedule I use Cha-Ching, which is specifically formulated to increase essential oils and produce heavy resins in fruits, buds, and flowers. I use 1-2 tsp per gal, sometimes even more, and again only with every other watering.

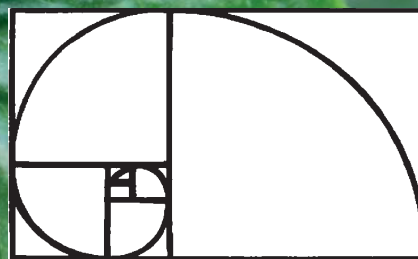
One important thing that you must remember: Flush the plants heavily for the last week to ten days before harvest in order to avoid that "fert" taste. I use extra heavy doses of molasses for their final meals. The extra sugars really bring out the flavor of the plant. This strips the unwanted flavors of the fertilizers, but leaves the plants vital sugars in tact, bringing out only the natural flavors of the bud.

**Cha Ching week 7**



The Gift of Regeneration

By Soma



must start out by stating that I love plants—I learn so much from them. It's true that cannabis is my specialty, but I have now learned to grow over 100 non-cannabis plants, all because of what the sacred cannabis plant has taught me about the plant kingdom.

Many times in the past I have re-vegetated cannabis plants with much success. This year is the first time that I tried it with a seeded plant. It worked. I started some plants indoors from seed, waited until they started to flower and show me which ones were male and which ones were female. I wanted to pick a male mother from a group of Soma's Sister seeds, and a nice female for a mom. I put the female on my roof in the second week of March. It had already been flowering for two and a half weeks in a tent under two UFOs, a new kind of LED light. These lights use only 96

watts of electricity and put out about 400 watts of light energy that the plants love. They stay cool enough to place them close to the plants without overheating your grow space. These Led lights and their improvements will be the wave of the future in growing cannabis. They are also great for starting seeds.

What I did not know was that the male plant had already thrown some pollen onto the female and when I moved it to the roof it started to make seeds. At the same time the days started getting longer and the plants received more and more light. I thought to myself, "What if I can make her re-veg by not harvesting the seeds quite yet?" I waited before cutting the top branches off, leaving the bottom third of the buds to finish re-vegetating. Within 3 weeks I will be able to take new clones off my new mother plant. I am also





leaves a smaller rectangle behind, which has the same golden ratio as the previous rectangle. The squaring can continue indefinitely with the same result. No other rectangle has this trait.

When you connect a curve through the corners of these concentric rectangles, you have formed the golden spiral. The Pythagoreans loved this shape for they found it everywhere in nature: the Nautilus shell, Ram's horns, milk in coffee, the face of a sunflower, your fingerprints, our DNA, and the shape of the Milky Way.

I have also discovered this lovely spiral in our sacred cannabis plant. When a flowering cannabis plant is forced back into vegetation mode, the first thing the plant does is make spiral-shaped leaves using the Golden Ratio. These continue expanding until the normal leaves appear, around two to three weeks later.



It is at this time that cannabis plants can almost look like something else. The other thing that cannabis leaves do when they re-veg is make rounded edged leaves with no serrations. They then give way to serrated leaves, when the mother plant is ready to be cloned. When regenerating plants, a sure sign of success is seeing the Fibonacci spirals and the rounded leaves.

When you start with a larger flowering plant from inside and take it outside in the early spring you can easily re-vegetate it and end up with a plant with a massively strong main trunk, able to withstand very strong winds.

I for one am very impressed with what can be done during spring, harmonizing your inner world, and the outer one.

As I sit here watching the plants adapt to their new changes, I see the similarity of us humans to the sacred plants.

In Love and Light
Soma

experimenting with a male to see if it will also re-grow.

In sacred geometry there is a structure called the Fibonacci spiral. Fibonacci spiral patterns appear in many plants, such as pinecones, pineapples, and sunflowers. The patterns consist of spirals that curve around a surface in both the clock-

wise form and the counterclockwise form.

The Golden Spiral is a mystical shape that is an absolute in both mathematics and chaotic nature. It was first discovered by Pythagoras. The spiral is derived via the golden rectangle, a unique rectangle, which has a golden ratio. When squared, it

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Moon Diamonds

by Jef Tek



Consulting with my Roots & Harmony moon-cycle calendar, April 12th 2008 was the day I decided to germinate some seeds. Although I never used a Lunar Planting Guide before, that fateful Saturday turned out to be quite fruitful. Cancer is apparently the most productive of all moon signs and a good time to plant seed or take cuttings. After reading this on the easy to use calendar I immediately decided to plant one seed each of 6 new Feminized strains from Dutch Passion Seed Bank of Holland. I had room in the tray and some extra Afghani Bull-rider cuttings left from the day before so I threw them into the mix just to keep the new seedlings company, I thought I should mention this just so you aren't confused by the pictures showing clones in with the newly planted seeds. The six seedlings went into Jiffy-Pucks with some perlite about an inch deep for the roots to spread and then the 10 inch by 20 inch plastic tray was covered by a large dome with vent holes cut in top. By 4-20, (only eight days later!), all six plants were transplanted into 20 ounce plastic cups filled with Canna Organic soil and fertilized with Pure Blend Pro Grow. Some of the tap-roots shot right out

the bottom of the Jiffy puck and down into the perlite within days of germination, this shows good hybrid vigor. I actually transplanted them on 4-18, only 6 days after seed touched water!

Jorge's Diamonds, Flo, Oasis, Strawberry Cough, Skywalker and Isis all germinated with Flo being the smallest upon transplantation. After a few weeks of intense growth, 5 strains were transplanted into one gallon pots so the roots would keep growing. The Isis just wasn't keeping up with the rest so it was pulled from the roster. The reason for only germinating one seed from each pack of ten was for the simple reason of space. I have none! Space is always a concern when growing indoors and I think Benjamin Franklyn would be quick to expound, "A bird in the hand is worth two in the bush," meaning that I wouldn't want to waste space on anything not as worthy as the African Bikerider. Isis was pulled and the remaining 5 flourished and continued to grow, each unique and each a female – not having to worry about males is definitely a bonus for those of us who choose not to become inadvertent breeders, I ►

believe they are called pollen-chuckers!

By May 10th Jorge's Diamonds was transplanted first, followed by Strawberry Cough and then Oasis into one gallon pots. They all grew

so fast with dark-green leaves and lighter green shoots just pushing their way toward a 200 watt fluorescent light. When transplanting the Flo and then the Skywalker I just had to snap this picture of Skywalker's root system, it is perfectly formed and ready for transplanting without actually being root-bound, a perfect time for transplanting into the next sized container. Just 10 days later, on May 20th Jorge's Diamonds was almost two feet tall with Flo a close second tallest of the bunch, both looking healthy and continuing to grow every day. The Skywalker was bushy with up-turned leaves while the Oasis never gave any shoots to clone and had down-turned Blueberry-Skunk type



Jorge's Diamonds



leaves that were massive and slightly wrinkled but healthy and easily the darkest green of the quintet.

On June 6th Flo was topped and clones were also cut from the bottom, being over three feet tall, it was too-tall to turn loose in the bud room. I didn't want an Amazon on my hands, and I knew she would stretch. Clones were taken from Strawberry Cough, Flo, Skywalker and Jorge's Diamonds but the batch got slightly over-watered and they all looked like shit except for Jorge's Diamonds. Jorge was towering over the rest of the over-watered clones in the tray, 8 of each, so I kept 7 of the Jorge's and dumped the rest into the compost heap. Not a major catastrophe when I still don't have extra space and I still do have 9 more seeds of each strange strain. I still have to germinate another Isis seed to see if the other one was just a dud, but I will wait for the final taste test on these 5 before proceeding to germinate any more seeds. After clones were taken from all except the Oasis they were then transplanted into 5 gallon buckets and placed under a 1000 watt High Pressure Sodium lamp in a 12/12 bud room. 8 weeks later and now they are all hanging upside down in my drying room. The Oasis smells like Hempstar with a sweet cherry smell and one big two-foot long fat cola, no branches-no clones. I would have had to chop the top to get a clone from her, but it's all-good and well worth it to have one big massive sticky-sweet crystal covered bud. I can't wait to smoke it. I would love to have an oasis of Oasis growing.

After being beheaded, the Flo shot 12 to 14 arms skyward and produced tiny, popcorn-buds the length of each two-foot long arm. It was like an inverted Christmas tree. The buds naturally turned purple starting in week 6 and were finished by week 8 with what looks like a less than moderate amount of final product. I knew Flo was hard to grow but this one grew so well I figured it would fill-out but it never

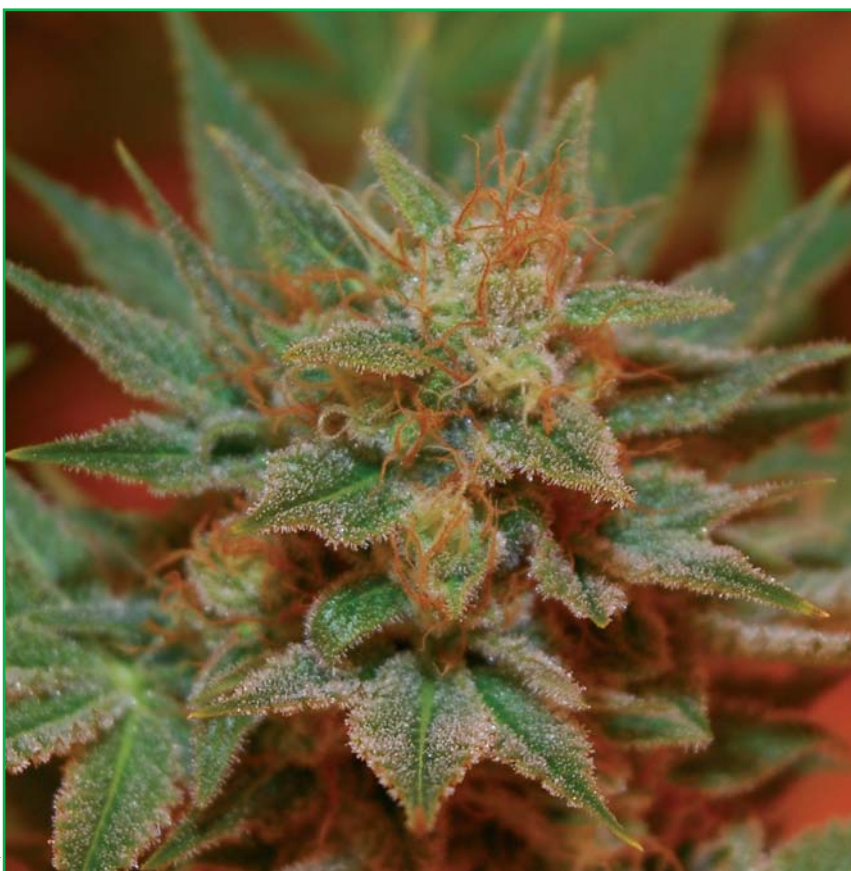


Flo

really did. I smoked some the other day and it was a clear high with a big motivational up feeling and a sweet sativa taste, too bad I won't have much to share. Given the stretch it showed and the lack of massive buds I probably won't pursue this strain further, it is very crystally and purple is always nice but I don't know if it had any effect on my pain, just my mood. I was awake and motivated!



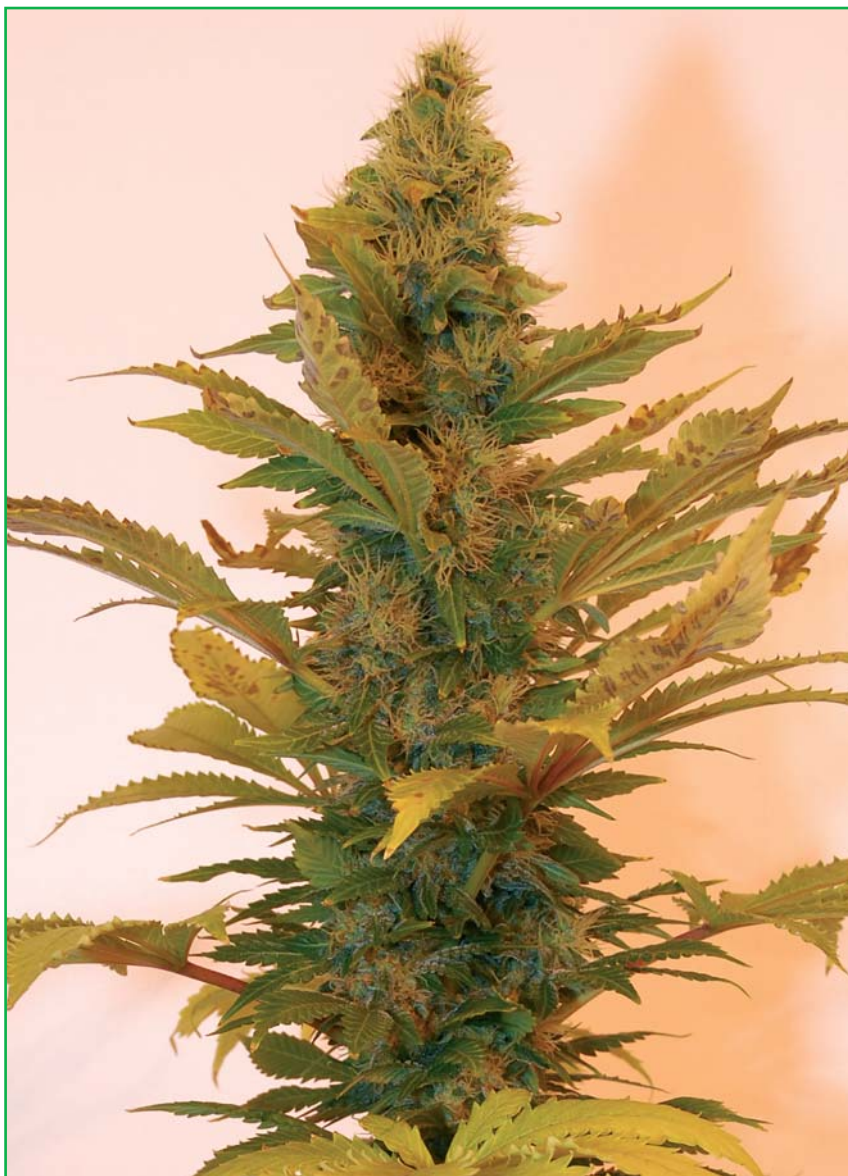
Strawberry Cough filled out exquisitely with a picture-perfect Christmas tree shape and a strange square shape, when viewed from the top, like it was grown in a 2 foot square box. Full of red hairs and fully developed buds the length of each branch. The top cola giving a final flat-top appearance always excites me; tight bud formation with an abundance of crystal is always appreciated. The smell is intoxicating with a wonderful neutral taste. Very clean burning shows I didn't over nuke it and that really lets the natural taste come through. I smoked a bunch of Strawberry Cough yesterday while canoeing and it was wonderful. I grew another strain of Cough last year and it wasn't as nice as this one. This one has a hashier potent profile that I could feel in my eyes and spine like my Angola Bolderholder; it gave me energy and pain relief with no arthritis and no sore back today. I pray there's another phenotype like▷



this from the remaining 9 seeds but I'm sure there will be because the guys at DP have feminized seed production down to a science and I have confidence that the next seed will be even better.

I renamed my **Skywalker** LUC because I thought it sounded funnier, and because not surprisingly, it wasn't the tallest in this project. Luc didn't disappoint me at all with a sturdy-tall structure and a very good attitude. It actually looked a lot like my AB with a firm main cola and several lower colas that don't seem to mind being furthest from the light with all buds ripening even. That is the main observation I've made from growing so many different strains, the preferable trait is for the plants whose buds form and mature more or less evenly from top to bottom. When the white hairs turn red, they turn evenly, unlike some blueberry/skunk's that mature from top to bottom. Those undesirable variety's may have a top-cola finish in as little as 6 weeks but it will be 8 weeks before the whole plant is ready and by this time the top cola looks like someone caught it cheating at poker. I liked the smell emanating from Skywalker around week three or four. It smelled like stale berries or edible panties. While trimming, it strongly reminded me of real G-13 with that friggen French-toast stank that I cannot describe any better, with berries. I smoked some today and the force is definitely with me, you had to know that there was no possible way to avoid some sort of a bad Star Wars pun when reviewing a strong strain of marijuana that just happens to be named Skywalker, did you? There will be a sequel; I will grow Skywalker again. I hope I'm not attacked by clones!

For those of you who have just tuned in; 4 short months ago I germinated one seed from six different Feminized Strains of cannabis offered by Dutch Passion. Today, they have all been harvested. Isis was eliminated due to slow growth;



Flo had to be topped and was tall and gangly with small purple buds. Strawberry Cough is a contender for next connoisseur production strain, with Skywalker and then Oasis competing for the biggest colas and most flavor/smell. This brings me to the cream of the crop, hands-down, without a doubt, the serious performer in this race was Jorge's Diamonds, chosen from select strains and named for the man who has helped millions to grow, Jorge Cervantes. From the start with its taproot shooting out of the jiffy puck and into the perlite by day 3 or 4, I knew this one would wind-up being a keeper. With a spicy aroma and boat loads of trichomes, I almost don't care what she tastes like, I

know it will be good. Not particularly offensive, the smell is definitely a sativa even though it completed budding in 8 weeks with all strains chosen for this project falling into the 8-9 week range. Easy to trim with fully formed hard nuggs the full-length of each arm. Not as purple as the Flo but the mass is easily 3 times the size of the Flo's, in the same time – same everything. Of all the clones that lived, I am really glad that I still have representatives of this one; **Jorge's Diamonds should be on everyone's wish list for sure.**

Dense, fully formed buds delayed tasting Jorge's until today. I busted up a jawbreaker sized bud this morning to see if I was going to



plant the 7 clones which were now ready to go into the bud room (or dump them) plus I needed to finish this article! The nug was still too damp to smoke so I vaporized some in my Volcano, the smell is fresh and airy like a floral fabric softener and so is the taste, it is very light and inoffensive but very powerful nonetheless. By the second vapor bag I felt it in my eyes and my head was floating nicely, I then went and transplanted the 7 sixteen inch to two foot tall clones that were cut from Jorge's Diamonds right before she went into the bud room eight weeks ago. It's 12 hours later in the day and I've finally settled into low-gear and decided to fire-up a Jorge-J. It is still a little bit damp but the taste is creamy and fragrant, in another week or so this will be just bursting with flavor. It has a very promising medicinal value, especially for those who don't need a strong odor / flavor to medicate with and / or grow. Like the legendary Northern Lights #5 which is another powerful strain that matures without strong smells ruining your stealth ▷

Below from left to right - Jorge's, Flo and Oasis on July 21st



operation, or your bus ride.

Forget about stealth if you are thinking of growing the Oasis, wow – the stink coming from this one single plant changed the smell profile of my Aberdeen Bootwalker garden significantly, especially just after watering her. Like said previously, Oasis didn't produce any viable branches for cloning and I didn't want to top her just for a single clone but that is how this game is

played, I never heard of Oasis before, so I didn't want to chance another no-go. Now I wish I did clone her but I still have 9 more feminized seeds that will definitely be germinated in the future. It smells like fresh cherries and I want to smoke it now, it turned into a massive two foot tall, fat and wide cola. My fingers are covered with THC oils from just removing a small bud to dry. It is even wetter than the Jorge's and won't be ready to try for

this article unfortunately. I've cut off a small bud from the bottom to try in the Volcano vaporized tomorrow morning. Wish you were here.

Peace, Love and Moon Diamonds –
Jef Tek ■



Clockwise: Skywalker, Strawberry cough and Jorge's Diamonds



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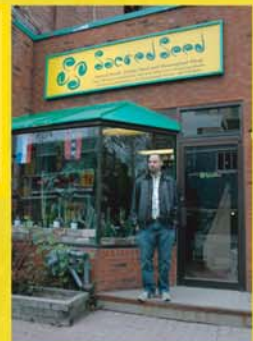


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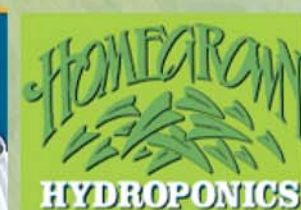
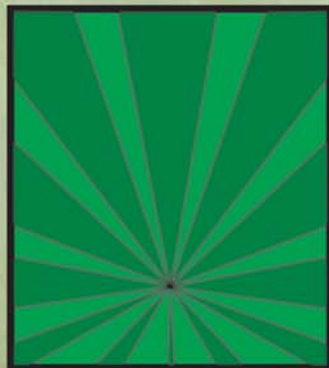
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Physical Examination

Strain: Barney's Farm Sweet Tooth
Breeder: Barney's Farm
Grower: Sammet
Judge: Sammet
Date: May 28, 2008

- 1. Visual Appeal: 8** - Visual appeal of the buds from 1-10 unappealing-excellent.
Excellent visual appeal
- 2. Visible Trichomes: 8** - Visible trichome content from 1-10 none-totally covered.
Completely encrusted with trichomes
- 3. Colors that are present in the trichome heads under magnification:**
Clear 10%, Cloudy 80%, Amber 10%, Dark 0%,
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Brown 1, Green 5, White 3
- 5. Bud density: 8** - Bud density from 1-10 airy-dense.
Some very tight and compact, some lighter and airier
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Earthy 2, Pepper 4, Petroleum 3, Skunk6, Coffee 3
Very skunky, with hints of coffee and black pepper, all with a petrol/diesely edge that tingles in the nose.
- 7. Aroma: 7** - Aroma from 1-10 repulsive-delightful.
- 8. Seed content: 0** - Seed content from 0-10 none-fully seeded.
- 9. Weeks cured: 12** - number of weeks this sample has been cured.
Initial drying before cure for 5 days

COMMENT:

Nice dense bud with large calyxes and lots of visible trichomes. Colours range from white/light brown at the base of the calyx darkening to green at the tip. Average number of red/brown hairs.

Smoke Test

1. Utensils: **Vaporizer VP600 with Custom 2-part whip]**

2. Taste descriptors:

Earthy 2, Petroleum 7, Skunk 3, Coffee 3

3. Taste: **7** - Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: **5** - 1-10 wet-dry where 5 is ideal. **Ideal balance between moistness and dryness,**

5. Smoke ability: **8** - smoke ability of the sample from 1-10 harsh-smooth. **Smooth flavorful floral/skunky smoke**

6. Smoke expansion: **7** - smoke expansion in the lungs from 1-10 stable-explodes.

SMOKE TEST COMMENTS:

Diesely/petrol taste with a sweet tasting exhale, very flavoursome and expansive, clears your sinuses

FOLLOW UP QUESTIONS

1. Dosage: **1whip/bowl approx 0.3g** to reach desired effects.

2. Effect onset: **6** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence: **4** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

4. Indica influence: **6** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

5. Potency: **8** - Rate the potency of the sample from 0-10 none-devastating.

6. Duration of effect: **2 hours**

7. Tolerance build up: **3** - Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning /wake up -1 , Day/work -1, Evening/relax 7, Night/sleep 9

9. Overall satisfaction: **7** - Rate your overall satisfaction from 1-10 poor-Holy Grail

10. Ability and conditions- **6** - Rate your overall ability to judge from 1-10 low-high. Consider experience, strain familiarity, atmosphere, current tolerance and most importantly the condition and preparation of the sample.

11. Do you personally consider this strain a keeper for long term use? **Yes**

12.Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	☐	☒
Anxiety relief	☐	☒
Appetite	☐	☒
Imagination/creativity	☐	☐
Paranoia relief	☐	☒
Sleep	☐	☒
Pain relief	☐	☒
Speech process	☐	☐
Thought process	☐	☐

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	☐	☐	High blood pressure/Racingpulse	☐	☐
Alcoholism/Alcohol Abuse	☐	☐	Insomnia	☐	☐
Allergic rhinitis	☐	☐	Itching	☐	☐
Amphetamine Dependence	☐	☐	Migraine/vascular headache	☐	☐
Anorexia	☐	☐	Muscle Spasm	☐	☐
Arthritis/Musculoskeletal pain	☐	☐	Muscular movement disorders	☐	☐
Asthma/Cough	☐	☐	Nausea	☐	☐
Bipolar disorder	☐	☐	Panic Attack	☐	☐
Cancer/Chemotherapy	☐	☐	Peripheral nerve pain	☐	☐
Chronic fatigue	☐	☐	Post traumatic Stress Disorder	☐	☐
Depression	☐	☐	Pre Menstrual Syndrome	☐	☐
Diarrhea	☐	☐	Sedative/Opiate Dependence	☐	☐
Drusen of Optic Nerve	☐	☐	Schizophrenia	☐	☐
Epilepsy	☐	☐	SLE- systemic lupus erythematosus	☐	☐
Glaucoma	☐	☐			

FINAL COMMENTS:

Overall a very enjoyable strain to grow. Low price for feminised seeds, 3/3 females germed easily and grew into very vigorous stout little plants. Definately benefits from extra veg time and is a heavy feeder.

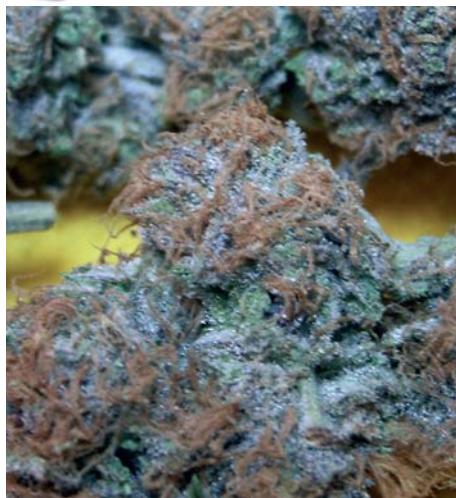
Took approx 65 days to flower and produced a very good yield for short small plants with lots of frost (lots of frosty trim too). An all-round good performer :yes:



PURPLE ERKLE



PURPLE ERKLE



PURPLE ERKLE

Physical Examination

Strain: Purple Erkle
Breeder: Norcal clone
Grower: Sauron the Blue
Judge: ?
Date: ?

1. Visual Appeal: 9 - Visual appeal of the buds from 1-10 unappealing-excellent. Gorgeous buds, have a very attractive purple hue to them when you let them go a bit in flowering, they purple up better with low temps but they change colors in warm rooms as well. Striking orange pistils make for a good contrast against the purple buds.

2. Visible Trichomes: 8.5 - Visible trichome content from 1-10 none-totally covered. very frosty, every spot of the calyx are covered with gooey trichomes. makes excellent full melt hash as well as the fan leaves are sugary beyond believe, I often see this strain sold in a very unmanicured state as the leaves taste just as good as the bud and often times have near equal amounts of trichomes. Large glandular heads on every trichome with this strain, however few if any trichome heads turn a red or purple color.

3. Colors that are present in the trichome heads under magnification:

Purple sample: **Clear 10%, Cloudy 70%, Amber 20%**
Green sample: **Clear 50%, Cloudy 50%**

4. Colors present in the buds or on a scale 1-9 light-dark:

Green 2: Very little green, the tops of the leaves stay green while the bottoms turn purple, **White 2:** Good coating of white trichomes all over the bud gives it a shiny white look in natural light, **Red 1:** Every now and then you come across a few red trichomes along the maristem. **Orange 4:** Contrasting orange pistils, **Purple 8:** Buds itself are very purple when allowed to mature

5. Bud density: 8 - Bud density from 1-10 airy-dense.

6. Aroma descriptors: scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Berry 2, Floral 6, Grape 2, Skunk 4, Musk 2, Leather 2,

7. Aroma: 9 - Aroma from 1-10 repulsive-delightful.

This stuff smells fantastic! just opening a jar in a room gets everyone blasted by a sweet berry skunk smell with a rough leather component to it. there is a strong spice that blends very well with the berry in most all erkle hybrids and the original clone. It passes on its smell and flavor very often in hybrids that contain erkle genetics.

8. Seed content: - Seed content from 0-10 none-fully seeded.

9. Weeks cured: - number of weeks this sample has been cured.

Smoke Test

1. Utensils: **PHX bong**

2. Taste descriptors: **Berry 6, Floral 3, Grape2**

3. Taste: **8** - *Impression of the taste from 1-10 unpleasant-delicious.*

Overpowering berry aftertaste on this strain, most everyone who tries it gives out a 'wow that tastes amazing' on their first exhale of the erkle. Even some of the most light burned, overdried erkle in its worst condition will still taste fantastic, it is a hard strain to run into the ground when it comes to the smell and flavor being there no matter your growing/harvesting/curing style. I find that by letting it go longer you lose some of berry flavor and gain a bit more spice to it.

4. State of dryness: **5** - *1-10 wet-dry where 5 is ideal.*

5. Smoke ability: **6** - *smoke ability of the sample from 1-10 harsh-smooth.*

This is one of the only categories the erkle doesn't shine in, it really needs a strong flushing to get it to burn smooth and even due to its density. I wouldn't even think of trying to run this one full throttle on the nutes until harvest, while some strains you can get away with that on and inch out a bit more yield without losing any points for smoke ability.

6. Smoke expansion: **7** - *smoke expansion in the lungs from 1-10 stable-explodes.*

This is a weird one, the nugs itself can pack a punch and really make your throat feel heavy after a session due to the amount of resin in the strain and how slow it burns. The bubble and kief from it on the other hand is smooth as ice, which really reminds me of the morning star strain from the third floor circa 1999-2001. Most everyone fell in love with speedy high from the bubble but frowned on the harshness of the dried flowers.

PS Did I mention the erkle is a large yielder of potent full melt bubble? Hands down my current favorite for the evening, for a few months running too!

FOLLOW UP QUESTIONS

1. Dosage: **2 hits, .3g max** *to reach desired effects.*

First hit takes about 10 minutes to reach you, if you let it ride out you might call this a one hitter quitter in the morning. If you are a heavy smoker you might want to take that second snap, but it can be overpowering in the early hours or for your first smoke of the day.

2. Effect onset: **7** - *Rate of how quickly the effect hit from 1-10 immediate-major creeper.*

Hits ya pretty quick very lightly, a nice soft relaxing buzz, about 10-15min later a much stronger head numbing indica wave washes over, making you very relaxed and calm.

3. Sativa influence: **6** - *Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.*

Initial hit is up and motivating, sometimes it is a little much if you smoke two quick bowls in a row. The sort of feeling that makes you want to sit down if you stand up too fast right after smoking it.

4. Indica influence: **8** - *indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.*

the heaviest effect in the strain is its indica quality, once the initial push is over it is a very sedative strain and can get you relaxed for the evening without leaving you in a state where your unresponsive.

5. Potency: **8.5** - *potency of the sample from 0-10 none-devastating.*

pretty strong herb most every time you grow it, it's kinda hard to have the erkle come out, though some of the larfy stuff that is further from the light is more suitable for manufacturing concentrates rather than smoking the flowers. Good light pain relief from the erkle concentrates too.

6. Duration of effect: **1.25 hours** - *number of hours the effects lasted.*

7. Tolerance build up: **4** - *Rate of how quickly tolerance builds from 0-10 none-rapid.*

8. Usability: **9** *from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.*

Evening/relax **9**, Night/sleep **6**

9. Overall satisfaction: **9** - *Rate your overall satisfaction from 1-10 poor-Holy Grail.*

10. Ability and conditions- **10**

11. Do you personally consider this strain a keeper for long term use? **Yes !**

12. Effect: *What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect*

	N-	P+		N-	P+
Appetite	[]	[4]	Pain relief	[]	[4]
Imagination/creativity	[]	[4]	Speech process	[2]	[]
Paranoia relief	[]	[5]	Thought process	[2]	[]
Sleep	[]	[1]			

FINAL COMMENTS:

I entered this into the ICMAG WestCoast Nugs-n-Jugs Cup along with LA Confidential (la affie x la og), Agent Orange (orange velvet x jacks cleaner 2) and Chocoalte Diesel (chocolate trip x diesel) - overall great strains - this came in second place in the smoking contest, and out of the other three aforementioned strains it would be a tie with the Agent Orange for bag appeal. Out of all the purple strains I have tried this would be the keeper, Blackberry, purple indica, grand daddy purple, purple kush, purps, mendo purp, purple cream all take a backseat to this one in my opinion. Though in a perfect world erkle would be riding shotgun with a well-cured purple haze x lemon thai behind the wheel all night long.

Great texture, though it can be a little too dense for joints sometimes, it is perfect for a grinder and a waterpipe. It is a lower yielder, but most every nug on the stem is solid as a rock, even as you start to get fairly distant from the light. The longer you let it go the more purple it gets and the stronger the flavor goes down, while the downside is you lose some of the potency and add some to the duration of the stone.

It has a great taste and smell, it is very unique to this purple strain, as lots of the current elite purple genetics often have a similar bland taste and reduced resin production. I find this strain makes enormous amounts of resin, very early on in bloom. Towards the end of the first half of flowering the plant produces so much essential oils that bumping into one nug will leave you stinking up the house all night long if you don't change clothes. Makes copious amounts of hash, the kind of hash that is so sparkly you could see it in the dark. The flavor is always strong, and almost always gets a positive comment from the patient.

The flowers from erkle itself are heavy in effect. Right after the initial exhale you feel the train starting to leave the station. It has a quick and heavy up high that hits you, it is more of an overpowering feeling than an uplifting feeling if you get this effect, as most do. It lasts for about 5-10 seconds and then drops back down to a more motivational up high until the ten minute mark. This is when the main indica component starts to take over, about ten minutes after this is when it reaches its full peak effect. A strong sedative stone that is very soothing and relaxing and provides moderate pain relief. This strain is very heavy on the eyes, even if you're not feeling tired after smoking it, your eyes feel heavy enough that it is nice to close them for a minute, and before you know it you will be taking a nap. Not a work friendly strain by any means... but she sure gets the job done!



POLLEN CHUCK



POLLEN CHUCK



POLLEN CHUCK



MM
MEDICAL MARIJUANA

**PATIENT'S
TEST**

Physical Examination

Strain: Pollen Chuck

Breeder: Core

Grower: Dr. Dog

Judge: Dr. Dog

Date: June 16, 2008

1. Visual Appeal: 9/10 - Visual appeal of the buds from 1-10 unappealing-excellent.
Very Very frosty, a touch of purple in the buds

2. Visible Trichomes: 10 - Visible trichome content from 1-10 none-totally covered.
Trichomes, very visible and large

3. Colors that are present in the trichome heads under magnification:
Cloudy, Amber 30%

4. Colors present in the buds or on a scale 1-9 light-dark:
Green, Gold, White, Purple

5. Bud density: 9 - Bud density from 1-10 airy-dense.

Buds are very dense, I was a bit concerned with mold, due to them being so dense, break up nicely, a nice sized bud, gets a nice sized amount

6. Aroma descriptors: scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Ammonia, Fruit, Petroleum

7. Aroma: 6 - Aroma from 1-10 repulsive-delightful.

8. Seed content: 0 - Seed content from 0-10 none-fully seeded.

9. Weeks cured: 1 - number of weeks this sample has been cured.

Smoke Test

1. Utensils: **Bong and joint make with smokeclear papers**

2. Taste descriptors:

Ammonia, Berry, Petroleum

3. Taste: **7** - Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: **5**, 1-10 wet-dry where 5 is ideal.

5. Smoke ability: **8** - smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion: **8** - smoke expansion in the lungs from 1-10 stable-explodes.

FOLLOW UP QUESTIONS

1. Dosage: **2 hits** to reach desired effects.

2. Effect onset: **4** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence: **3** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

4. Indica influence: **8** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

5. Potency: **7** - potency of the sample from 0-10 none-devastating.

6. Duration of effect: **4 hours** - number of hours the effects lasted.

7. Tolerance build up: - Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: **2** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Not a day weed, this is more of a relaxing after dinner weed

9. Overall satisfaction: **7** - Rate your overall satisfaction from 1-10 poor-Holy Grail.

10. Ability and conditions- **8**

11. Do you personally consider this strain a keeper for long term use? **Yes**

12. Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	☐	☒
Anxiety relief	☐	☒
Appetite	☐	☒
Audio perception	☐	☒
Humor perception	☐	☒
Imagination/creativity	☐	☒
Paranoia relief	☐	☒
Pain relief	☐	☒
Sex drive	☒	☐ made me go to sleep
Sleep	☐	☒
Speech process	☐	☒
Taste perception	☐	☒
Thought process	☐	☒
Visual perception	☒	☐

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	☐	☐	High blood pressure/Racing pulse	☐	☐
Alcoholism/Alcohol Abuse	☐	☐	Insomnia	☐	☐
Allergic rhinitis	☐	☐	Itching	☐	☐
Amphetamine Dependence	☐	☐	Migraine/vascular headache	☐	☐
Anorexia	☐	☐	Muscle Spasm	☐	☐
Arthritis/Musculoskeletal pain	☐	☐	Muscular movement disorders	☐	☐
Asthma/Cough	☐	☐	Nausea	☐	☐
Bipolar disorder	☐	☐	Panic Attack	☐	☐
Cancer/Chemotherapy	☐	☐	Peripheral nerve pain	☐	☐
Chronic fatigue	☐	☐	Post traumatic Stress Disorder	☐	☐
Depression	☐	☐	Pre Menstrual Syndrome	☐	☐
Diarrhea	☐	☐	Sedative/Opiate Dependence	☐	☐
Drusen of Optic Nerve	☐	☐	Schizophrenia	☐	☐
Epilepsy	☐	☐	SLE- systemic lupus erythematosus	☐	☐
Glaucoma	☐	☐	Spasticity in Multiple Sclerosis	☐	☐
Hiccough	☐	☐			

FINAL COMMENTS:

A very pungent diesel smelling weed, I have not had much experience with diesel varieties, so I was quite shocked after opening jar, and thinking I was at gas station, but a surprisingly strong, indica stone for a sativa dominant plant.

This is a keeper strain, a large producer or high quality buds



SUPER G



SUPER G



MM
MEDICAL MARIJUANA



Physical Examination

Strain: Super G (\$200/oz.)
Breeder: supplied by Buzzworthy's Cannabis Cafe
Grower: ?
Judge: neutrino99
Date: February 29, 2008

- 1. Visual Appeal: 9** - Visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes: 4** - Visible trichome content from 1-10 none-totally covered. couldn't see them readily with the naked eye
- 3. Colors that are present in the trichome heads under magnification:**
Clear 20%, Cloudy 50%, Amber 30%
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Brown 2, Green 7, Gold 2, Rust 4
- 5. Bud density: 10** - Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Ammonia 5, Earthy 3, Pepper 2, Grass/hay 5
 kinda pooppy, barnish
- 7. Aroma: 6** - Aroma from 1-10 repulsive-delightful.
- 8. Seed content: 0** - Seed content from 0-10 none-fully seeded.
- 9. Weeks cured: ?** - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

The buds in this sample are very tight, hard, compact, dense and well trimmed. Prepared and cured with care. Has a very strong and acrid odour that has an undertone of "barn" to it. Extremely dark green in colour and the trichomes not so easy to see till you get out the loupe.

Smoke Test

1. **Utensils:** **Volcano DIGIT vaporizer**
2. **Taste descriptors:** **Earthy 2, Grass/Hay 3, Hash 5, Lemon 6**
3. **Taste:** **7** - Impression of the taste from 1-10 unpleasant-delicious.
4. **State of dryness:** **5**, 1-10 wet-dry where 5 is ideal.
5. **Smoke ability:** **7** - smoke ability of the sample from 1-10 harsh-smooth.
6. **Smoke expansion:** **5** - smoke expansion in the lungs from 1-10 stable-explodes.

SMOKE TEST COMMENTS:

This sample has none of the ammonia smell transferred into the taste – which must mean it was properly cured and the ammonia smell is just how potent the smoke is. It did still taste earthy and a bit "barnish". To me this was a very clean smoke and had immediate relaxation. Though a very heavy smoke I find it good to start my day with heavy pain relief offered by an Indica like this one as well as ending my day with it to aid my resting.

FOLLOW UP QUESTIONS

1. **Dosage:** **8 hits** to reach desired effects.
2. **Effect onset:** **2** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
3. **Sativa influence:** **1** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
4. **Indica influence:** **9** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
5. **Potency:** **9** - potency of the sample from 0-10 none-devastating.
6. **Duration of effect:** **.5 hours** - number of hours the effects lasted.
7. **Tolerance build up:** - Rate of how quickly tolerance builds from 0-10 none-rapid.
8. **Usability:** **9** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning - wake up 8, Day - work 6, Evening - relax 8, Night - sleep 9
9. **Overall satisfaction:** **9** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
10. **Ability and conditions:** **5** Rate your overall ability to judge from 1-10 low-high.
11. **Do you personally consider this strain a keeper for long term use?** **Yes**
12. **Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	☐	☒ [10]
Anxiety relief	☐	☒ [8]
Appetite	☐	☒ [4]
Sleep	☐	☒ [7]
Pain relief	☐	☒ [6]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	☐	☐	High blood pressure/Racing pulse	☐	☐
Alcoholism/Alcohol Abuse	☐	☐	Insomnia	☐	☒ [7]
Allergic rhinitis	☐	☐	Itching	☐	☐
Amphetamine Dependence	☐	☐	Migraine/vascular headache	☐	☐
Anorexia	☐	☐	Muscle Spasm	☐	☒ [7]
Arthritis/Musculoskeletal pain	☐	☒ [6]	Muscular movement disorders	☐	☐
Asthma/Cough	☐	☐	Nausea	☐	☒ [6]
Bipolar disorder	☐	☐	Panic Attack	☐	☐
Cancer/Chemotherapy	☐	☐	Peripheral nerve pain	☐	☐
Chronic fatigue	☐	☐	Post traumatic Stress Disorder	☐	☒ [7]
Depression	☐	☐	Pre Menstrual Syndrome	☐	☐
Diarrhea	☐	☒ [4]	Sedative/Opiate Dependence	☐	☐
Drusen of Optic Nerve	☐	☐	Schizophrenia	☐	☐
Epilepsy	☐	☐	SLE- systemic lupus erythematosus	☐	☐
Glaucoma	☐	☐	Spasticity in Multiple Sclerosis	☐	☐
Hiccough	☐	☐			

FINAL COMMENTS:

From start to finish one could tell that whom ever grew this plant out did it as a labour of love. It was well trimmed and flushed as evidenced from very little coughing no matter how heavy the vapour (and same when medicated with a joint was found). It tasted very very clean and had a profound effect on my ability to rest or sit still through a very tough time. I found it to be strong but good for my morning muscle spasms.



WHITE RHINO



WHITE RHINO



MM
MEDICAL MARIJUANA

PATIENT'S
TEST

Physical Examination

Strain: White Rhino (\$200/oz.)
Breeder: supplied by Buzzworthy's Cannabis Cafe
Grower: ?
Judge: neutrino99
Date: March 1, 2008

1. **Visual Appeal: 10** - Visual appeal of the buds from 1-10 unappealing-excellent.
2. **Visible Trichomes: 10** - Visible trichome content from 1-10 none-totally covered.
3. **Colors that are present in the trichome heads under magnification:**
Clear 70%, Cloudy 20%, Amber 10%
4. **Colors present in the buds or on a scale 1-9 light-dark:**
Green 5, White 4, Rust 3
5. **Bud density: 8** - Bud density from 1-10 airy-dense.
6. **Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Ammonia 5, Floral 3, Hash 4, Leather 3
7. **Aroma: 7** - Aroma from 1-10 repulsive-delightful.
8. **Seed content: 0** - Seed content from 0-10 none-fully seeded.
9. **Weeks cured: ?** - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

This sample had tight, dense, trichome covered buds. They were so covered that the sample almost appeared more white than green like the chlorophyll had seemingly been washed out due to resin production.

Smoke Test

1. **Utensils:** **Volcano DIGIT** vaporizer
2. **Taste descriptors:** **Earthy 3, Floral 4, Hash 2, Leather 4**
3. **Taste:** **8** - Impression of the taste from 1-10 unpleasant-delicious.
4. **State of dryness:** **5**, 1-10 wet-dry where 5 is ideal.
5. **Smoke ability:** **9** - smoke ability of the sample from 1-10 harsh-smooth.

SMOKE TEST COMMENTS:

Though this sample is more of an Indica by breeding I found it, in smoking to have more of a heady, sativa type effect but certainly mixed with muscle relaxing, emotional stress relieving and some pain relief. I felt the effects in my head very shortly after beginning the sample though it did not relieve my intense migraines of late. It did make me care less though in much the way an opiate works. The taste was not as strong as the smell and it left an almost powdery feel on the tongue from the resin. Overall this was my favorite of the week and in a long time.

FOLLOW UP QUESTIONS

1. **Dosage:** **9 hits** to reach desired effects.
2. **Effect onset:** **2** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
3. **Sativa influence:** **6** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
4. **Indica influence:** **4** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
5. **Potency:** **10** - potency of the sample from 0-10 none-devastating.
6. **Duration of effect:** **1 hours** - number of hours the effects lasted.
7. **Tolerance build up:** - Rate of how quickly tolerance builds from 0-10 none-rapid.
8. **Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning - wake up 9, Day - work 9, Evening - relax 9, Night - sleep 6
9. **Overall satisfaction:** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
10. **Ability and conditions:** **5** Rate your overall ability to judge from 1-10 low-high.
11. **Do you personally consider this strain a keeper for long term use?** **Yes!!**
12. **Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

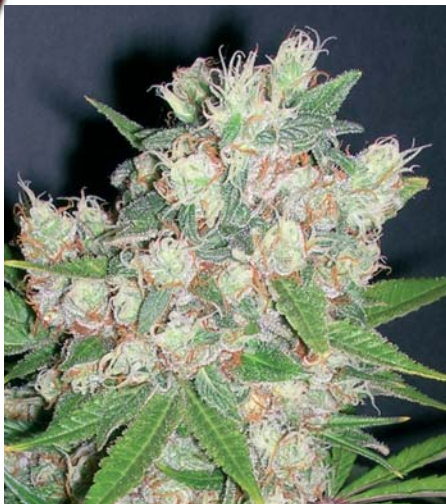
	N-	P+
Ability to rest or sit still	☐	☒ [6]
Anxiety relief	☐	☒ [5]
Appetite	☐	☒ [7]
Sex drive	☐	☒ [8]
Sleep	☐	☒ [4]
Pain relief	☐	☒ [5]
Taste perception	☐	☒ [7]

EXTENDED MEDICAL SURVEY (optional)

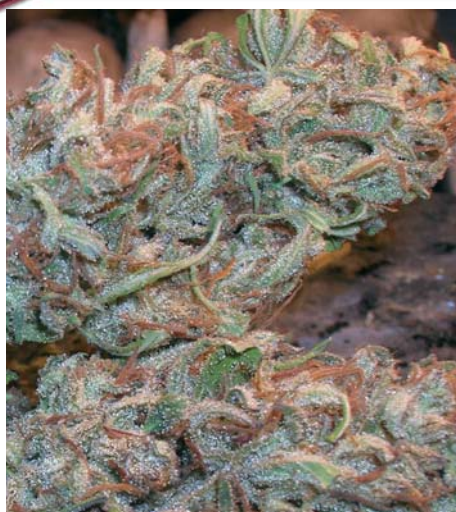
	N-	P+		N-	P+
ADD/ADHD	☐	☐	High blood pressure/Racingpulse	☐	☐
Alcoholism/Alcohol Abuse	☐	☐	Insomnia	☐	☒ [4]
Allergic rhinitis	☐	☒ [8]	Itching	☐	☐
Amphetamine Dependence	☐	☐	Migraine/vascular headache	☐	☒ [2]
Anorexia	☐	☒ [7]	Muscle Spasm	☐	☒ [6]
Arthritis/Musculoskeletal pain	☐	☒ [6]	Muscular movement disorders	☐	☐
Asthma/Cough	☐	☐	Nausea	☐	☒ [4]
Bipolar disorder	☐	☐	Panic Attack	☐	☐
Cancer/Chemotherapy	☐	☐	Peripheral nerve pain	☐	☐
Chronic fatigue	☐	☒ [4]	Post traumatic Stress Disorder	☐	☒ [6]
Depression	☐	☒ [5]	Pre Menstrual Syndrome	☐	☐
Diarrhea	☐	☒ [5]	Sedative/Opiate Dependence	☐	☐
Drusen of Optic Nerve	☐	☐	Schizophrenia	☐	☐
Epilepsy	☐	☐	SLE- systemic lupus erythematosus	☐	☐
Glaucoma	☐	☐	Spasticity in Multiple Sclerosis	☐	☐
Hiccough	☐	☐			

FINAL COMMENTS:

This sample was very sneezy and made my nose run – but as it had been stuffed for days with Rhinitis from a dry house this was a relief to get me smelling again. I really enjoyed the headiness of this smoke as it seemed to calm my racing thoughts by almost overwhelming my brain. It brought some welcome stress relief in addition to pain relief in my low back.



CASEY JONES



CASEY JONES



CASEY JONES



MM
MEDICAL MARIJUANA



Physical Examination

Strain: Casey Jones
Breeder: Grat3ful H3ad Seeds
Grower: Joe Shmoe
Judge: Slips, JoeShmoe (lcmag.com)
Date: January 3, 2008

1. Visual Appeal: 9.5 - Visual appeal of the buds from 1-10 unappealing-excellent. Very Large buds, that have sativa characteristics but still fills in nice and heavy. The buds have very large calyx, and very large trichs as well. Very similar to how the ECSD looks light green orange hairs, with a structure similar to Thai.

2. Visible Trichomes: 9+ - Visible trichome content from 1-10 none-totally covered. Frost everywhere

3. Colors that are present in the trichome heads under magnification:
Clear 20%, Cloudy 70%, Amber 10%

4. Colors present in the buds or on a scale 1-9 light-dark:
Green , Gold, Rust, Orange

5. Bud density: 6 - Bud density from 1-10 airy-dense.

6. Aroma descriptors: scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Licorice 1, Petroleum 8, Pine1, Cedar 1, Hash 8, Skunk 2, Musk 5, Spice 1

7. Aroma: 8 - Aroma from 1-10 repulsive-delightful.

8. Seed content: 0 - Seed content from 0-10 none-fully seeded.

9. Weeks cured: 4-20+ - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

Finished Huge indoors 11.5 ounces one plant, with 4-5 week vegg, 6 gallon pot under 1kw, best Train / Thai / ECSD you could ever wish for.

Smoke Test

1. Utensils: **water pipe, joint**

2. Taste descriptors:

Earthy 7, Pine 2, Hash 9, Skunk4, Citrus 2, Musk 3 SPice 3, Diesel 9

3. Taste: **8** - Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: **5**, 1-10 wet-dry where 5 is ideal.

5. Smoke ability: **10** - smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion: **8** - smoke expansion in the lungs from 1-10 stable-explodes.

COMMENT:

Get you high, lost, and hard to concentrate, very great medication. Very happy...long lasting sativa dominate buzz.

FOLLOW UP QUESTIONS

1. Dosage: **3-5 hits** to reach desired effects.

2. Effect onset: **3** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence: **8** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

4. Indica influence: **2** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

5. Potency: **8.5** - potency of the sample from 0-10 none-devastating.

6. Duration of effect: **3 hours** - number of hours the effects lasted.

7. Tolerance build up: **6** Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: **9** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning/wake up -9, Day /work -4, Evening/relax 9, Night/sleep 8

9. Overall satisfaction: **9**- Rate your overall satisfaction from 1-10 poor-Holy Grail.

10. Ability and conditions- **10** Rate your overall ability to judge from 1-10 low-high.

11. Do you personally consider this strain a keeper for long term use? **Yes**

12. Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[3]
Anxiety relief	[]	[7]
Appetite	[]	[0]
Audio perception	[]	[2]
Humor perception	[]	[9]
Imagination/creativity	[]	[6]
Pain relief	[]	[2]
Paranoia relief	[0]	[]
Sex drive	[]	[6]
Sleep	[0]	[]
Speech process	[3]	[]
Taste perception	[]	[3]
Thought process	[]	[0] slows my (Joe) thought process>. EXCELENT for ADHD
Visual perception	[]	[8]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	[]	[8]	High blood pressure/Racingpulse	[]	[2]
Alcoholism/Alcohol Abuse	[]	[6]	Insomnia	[]	[1]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[8]	Migraine/vascular headache	[]	[7]
Anorexia	[]	[2]	Muscle Spasm	[]	[2]
Arthritis/Musculoskeletal pain	[]	[1]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[3]	Nausea	[]	[2]
Bipolar disorder	[]	[3]	Panic Attack	[4]	[]
Cancer/Chemotherapy	[]	[1]	Peripheral nerve pain	[3]	[]
Chronic fatigue	[]	[0]	Post traumatic Stress Disorder	[]	[8]
Depression	[]	[8]	Pre Menstrual Syndrome	[]	[2]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[4]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[9]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

FINAL COMMENTS:

Heavy sativa Thai influences.

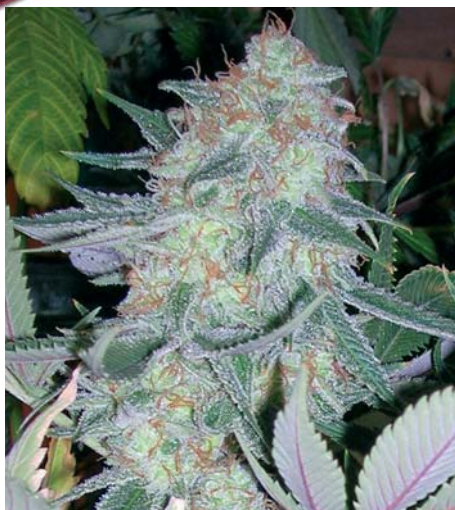
Very pleasant to grow, clone, indoors or, outdoors. Great pheno from this cross.

Stretches 3x size when flowering. All fills in with killer fat nuggets.

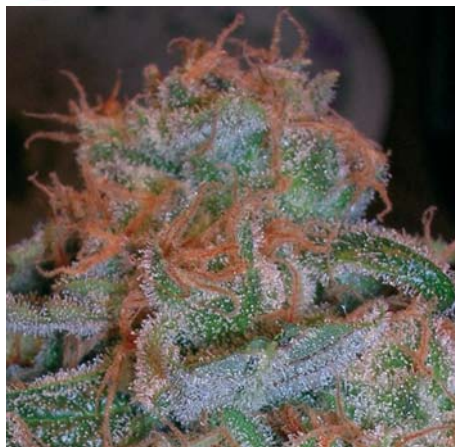
We recommend this one from H3adSeeds, for personal or commercial use, indoors and out, for every garden.



STRAWBERRY DIESEL



STRAWBERRY DIESEL



STRAWBERRY DIESEL



MM
MEDICAL MARIJUANA



Physical Examination

Strain: Strawberry Diesel
Breeder: Reservoir Seed Co.
Grower: Joe Shmoe
Judge: Slips, JoeShmoe (lcmag.com)
Date: May 10, 2008

- 1. Visual Appeal: 9.5** - Visual appeal of the buds from 1-10 unappealing-excellent. Light Green, very frosty, orange hairs, very excellent bag appeal.
- 2. Visible Trichomes: 8** - Visible trichome content from 1-10 none-totally covered.
- 3. Colors that are present in the trichome heads under magnification:**
Clear 20%, Cloudy 75%, Amber 5%
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green 8, Gold 2, White 1, Orange 5
- 5. Bud density: 9** - Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Earthy 1, Berry 7, Fruit 5, Strawberry 10
- 7. Aroma: 10** - Aroma from 1-10 repulsive-delightful.
- 8. Seed content: 0** - Seed content from 0-10 none-fully seeded.
- 9. Weeks cured: 8** - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

Very beautiful lady to grow. Grows lanky, Finishes with FAT, dense, nuggs. Great plant to run with 3-4 plants, per pot.

Smoke Test

1. Utensils: **Pure hemp papers**

2. Taste descriptors:

Berry 7, Fruit 4, Strawberry 9.5, Diesel 4

3. Taste: **9** - Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: **5** - 1-10 wet-dry where 5 is ideal.

5. Smoke ability: **10** - smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion: **4** - smoke expansion in the lungs from 1-10 stable-explodes.

COMMENT:

Coats the mouth and lungs with a very strong Strawberry flavor. Tastes like smuckers strawberry jam ... +a hint of diesel. Most pleasant smell to come out of my garden ... according to my wife.=)

FOLLOW UP QUESTIONS

1. Dosage: **3-5 hits** to reach desired effects.

2. Effect onset: **2** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence: **8** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

4. Indica influence: **2** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

5. Potency: **7.5** - potency of the sample from 0-10 none-devastating.

6. Duration of effect: **2 hours** - number of hours the effects lasted.

7. Tolerance build up: **6** - Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: **9** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning/wake up - 9, Day - work 9, Evening/relax -9, Night/sleep - 5

9. Overall satisfaction: **8** - Rate your overall satisfaction from 1-10 poor-Holy Grail.

10. Ability and conditions- **10**- It was purchased from a dispensary, no guarantee on the genetics.

11. Do you personally consider this strain a keeper for long term use? **Yes**

12. Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	☐	☒
Anxiety relief	☐	☒
Appetite	☐	☒
Audio perception	☐	☒
Humor perception	☐	☒
Imagination/creativity	☐	☒
Pain relief	☐	☒
Paranoia relief	☒	☐
Sex drive	☐	☒
Sleep	☒	☐
Speech process	☐	☒
Taste perception	☐	☒
Thought process	☐	☒
Visual perception	☐	☒

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	☐	☒	High blood pressure/Racingpulse	☐	☒
Alcoholism/Alcohol Abuse	☐	☒	Insomnia	☐	☐
Allergic rhinitis	☐	☐	Itching	☐	☐
Amphetamine Dependence	☐	☒	Migraine/vascular headache	☐	☒
Anorexia	☐	☒	Muscle Spasm	☐	☒
Arthritis/Musculoskeletal pain	☐	☒	Muscular movement disorders	☐	☐
Asthma/Cough	☐	☒	Nausea	☐	☒
Bipolar disorder	☐	☒	Panic Attack	☐	☒
Cancer/Chemotherapy	☐	☒	Peripheral nerve pain	☐	☒
Chronic fatigue	☐	☒	Post traumatic Stress Disorder	☐	☒
Depression	☐	☒	Pre Menstrual Syndrome	☐	☒
Diarrhea	☐	☐	Sedative/Opiate Dependence	☐	☒
Drusen of Optic Nerve	☐	☐	Schizophrenia	☐	☒
Epilepsy	☐	☐	SLE- systemic lupus erythematosus	☐	☐
Glaucoma	☐	☐	Spasticity in Multiple Sclerosis	☐	☐
Hiccough	☐	☐			

FINAL COMMENTS:

Excellent all day smoke. Great for many medical uses. Flavor/ smell, bag appeal, outstanding.



FLODICA



FLODICA

Physical Examination

Strain: Flodica (Tanya's gift)

Breeder: S and H Grower

Grower: John (Shiva)

- 1. Visual Appeal: 9** - Visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes: 9** - Visible trichome content from 1-10 none-totally covered.
- 3. Colors that are present in the trichome heads under magnification:**
Clear 40%, Cloudy 60%
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green 5, Rust 4, Purple 2
- 5. Bud density: 8** - Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Ammonia 2, Earthy 2, Floral 3, Pine 5, Menthol 2, Skunk 3, Lemon 3
- 7. Aroma: 7** - Aroma from 1-10 repulsive-delightful.
Spicy OG kush, smells very very strong and potent. The kinda spice that smells like its from another world, stinging your nose each time you take a sniff. Musky and funky with almost a haze like spice in there, cant wait to taste it! Onto the smoke test already!
- 8. Seed content: 0** - Seed content from 0-10 none-fully seeded.
- 9. Weeks cured: 3** - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

Small nuggets were totally crusted with white and clear resin glands, There was a hint of purple in the tips of the sample. There was a beautiful and strong piney aroma once crumbled up.

Smoke Test

1. Utensils: **Volcano Digit vaporizer**
2. Taste descriptors: **Earthy 3, Floral 3, Fruit 5, Leather 4**
3. Taste: **9**
4. State of dryness: **6**
5. Smoke ability: **10**
6. Smoke expansion: **5.5** - Little to no irritation, nice light smoke in the lungs.

COMMENT:

From the first bag to the last I found this to be a smooth vape experience. Though the taste was smooth and somewhat sweet I found it very hard to define beyond I liked it. I could not detect a pine flavour as I could in the scent. There was no coughing at all (which for me is rare from any bud) and no instant sneezing like with some of the sativas.

FOLLOW UP QUESTIONS

1. Dosage: **5 full bags** - First few bowls are total creepers, takes three to four to get it to start working right off the bat, not as potent as I would have expected by the better appearance.
2. Effect onset: **3**
3. Sativa influence: **2** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
4. Indica influence: **8** - Indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
5. Potency: **8** - potency of the sample from 0-10 none-devastating.
6. Duration of effect: **.75 hour** number of hours the effects lasted.
7. Tolerance build up: - Rate of how quickly tolerance builds from 0-10 none-rapid.
8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up - 8, Day/work - 6, Evening/relax 7, Night/sleep- 8
9. Overall satisfaction: **7** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
10. Ability and conditions- **7** - Rate your overall ability to judge from 1-10 low-high.
11. Do you personally consider this strain a keeper for long term use? **Yes**
12. Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	☐	☒ [8]
Anxiety relief	☐	☒ [9]
Sleep	☐	☒ [6]
Thought process	☐	☒ [8]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+
Anorexia	☐	☒ [4]
Arthritis/Musculoskeletal pain	☐	☒ [7]
Crohn's/IBS	☐	☒ [5]
Chronic fatigue	☐	☒ [0]
Diarrhea	☐	☒ [7]
Insomnia	☐	☒ [5]
Nausea	☐	☒ [6]
Peripheral nerve pain	☐	☒ [9]
I had bad sciatic pain since my disability assessment and this was the only relief!		
Post Traumatic Stress Disorder	☐	☒ [8]

FINAL COMMENTS:

Having grown this sample myself I know from experience it to be a small yeilder and yet, both its flavour and effect make it worth having if you get a chance to try it. Not everyone will like a heavy sample in the morning but I often have such a hard time moving that I like a heavy one to get my body to want to move.



WHITE LIGHTNING



WHITE LIGHTNING

Physical Examination

Strain: White lightning
Lineage: N/A
Breeder: Grower's Choice
Grower: John (Shiva)
Date: June 16, 2008

- 1. Visual Appeal: 8** - Visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes: 9** - Visible trichome content from 1-10 none-totally covered.
- 3. Colors that are present in the trichome heads under magnification:**
Clear 10%, Cloudy 90%
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green, Grey, Rust
- 5. Bud density: 7** - Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Ammonia 5, Earthy 2, Floral 3, Skunk 2
- 7. Aroma: 7** - Aroma from 1-10 repulsive-delightful.
Very strong aroma - almost sinus clearing
- 8. Seed content: 2** - Seed content from 0-10 none-fully seeded.
- 9. Weeks cured: 3** - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

Light and airy buds that appear to be a sativa. They are so frosted that they almost appear grey in colour at first glance. Lots of rust coloured hairs. Very strong and pungent aroma that almost cleared my nostrils.

Smoke Test

1. Utensils: **Volcano Digit vaporizer**
2. Taste descriptors: **Earthy 4, Floral 6, Pine 2, Leather 5**
3. Taste: **7**
4. State of dryness: **5**
5. Smoke ability: **10**
6. Smoke expansion: **-**

Smoke Test Comments

Not nearly the same taste as smell. The ammonia fragrance had been strong but in taste there was none. This sample vaped very smooth and had little cough effect. Nice flush!

FOLLOW UP QUESTIONS

1. Dosage: **8 full bags** to reach desired effects.
2. Effect onset: **4 -** Rate of how quickly the effect hit from 1-10 immediate-major creeper.
3. Sativa influence: **5 -** Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
4. Indica influence: **5 -** Indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
5. Potency: **9 -** potency of the sample from 0-10 none-devastating.
6. Duration of effect: **1 hour** number of hours the effects lasted.
7. Tolerance build up: **-** Rate of how quickly tolerance builds from 0-10 none-rapid.
8. Usability: **-** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up - 6 , Day/work - 3, Evening/relax - 8, Night/sleep - 8
9. Overall satisfaction: **9 -** Rate your overall satisfaction from 1-10 poor-Holy Grail.
10. Ability and conditions: **7** Rate your overall ability to judge from 1-10 low-high.
11. Do you personally consider this strain a keeper for long term use? **Yes**
12. Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[8]
Anxiety relief	[]	[8]
Appetite	[]	[7]
Sex drive	[]	[6]
Sleep	[]	[5]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+
Anorexia	[]	[7]
Arthritis/Musculoskeletal pain	[]	[6]
Crohn's/IBS	[]	[8]
Chronic fatigue	[5]	[]
Depression	[]	[8]
Diarrhea	[]	[9]
Insomnia	[]	[5]
Migraine/vascular headache	[]	[4]
Muscle spasm	[]	[4]
Nausea	[]	[9]
Panic Attack	[]	[7]
Peripheral nerve pain	[]	[6]
Post Traumatic Stress Disorder	[]	[8]

earlier and still got tired but not as hard as the first time. Seems that if you are already tired it will help you tip over the edge, if you are well rested it will relax you.

FINAL COMMENTS:

This sample took more than four bags to begin to feel it but once it did I felt a sativa like effect in my head long before I got the anticipated pain relief. The effect was strong and instantly killed my nausea and stimulated my appetite when it got to my head. After a few more bags my anxiety slowly began to settle and I felt the urge to be "quiet" and still. Bag after bag had heavy resin clouds of vapor and yet didnt make me cough or choke at all.



GOLD SEAL



MM
MEDICAL MARIJUANA



Physical Examination

Strain: Gold Seal Hash - \$15/gm

Supplier: TCC

Judge: neutrino99

Date: March 6, 2007

PHYSICAL EXAMINATION COMMENTS: Heavy and dense while still fairly soft and pliable when room temperature. The colour is a dark black resembling shoe polish with flecks of gold throughout. It is fairly smooth but full of grains that appeared like pieces of grass. The prices on the hashes not reviewed varied from 15 – 25/gram and included both Black and Red Moroccan and Brown Afghani.

Smoke Test

1. Utensils: Glass pipe with glass screen

2. Taste descriptors: Earthy 3, Petroleum 4, Hash 6

3. Taste: 5 - Tastes light and fast, the second you exhale you can taste the musk of this strain. Has a good after taste although not that strong.

5. Smoke ability: 6

SMOKE TEST COMMENTS: I tried the Gold Seal this trip. Still a bit of a harsh taste to this medicine as with most smoking and many black hashes I have tried.

FOLLOW UP QUESTIONS

1. Dosage: 20 hits

2. Effect onset: 2

5. Potency: 6 - potency of the sample from 0-10 none-devastating.

6. Duration of effect: .5 hour number of hours the effects lasted.

7. Tolerance build up: 3 Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning/wake up 6, Day/work 5, Evening/relax 7, Night/sleep 8

9. Overall satisfaction: 6 - Rate your overall satisfaction from 1-10 poor-Holy Grail.

11. Do you personally consider this strain a keeper for long term use? No

12. Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[4]
Anxiety relief	[]	[6]
Pain relief	[]	[4]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+
Anorexia	[]	[3]
Arthritis/Musculoskeletal pain	[]	[5]
Depression	[]	[2]
Migraine/vascular headache	[]	[3]
Muscle spasms	[]	[4]

FINAL COMMENTS:

I like the hashes for relaxation and muscle tension release but so far they don't taste too good.

This one really did not differ much from the Rolls Royce or the Black Moroccan as far as flavour or effect.



ROLLS ROYCE

Physical Examination

Strain: Hash - Rolls Royce - \$15 gm

Supplier: TCC

Judge: neutrino99

Date: March 16, 2007

PHYSICAL EXAMINATION COMMENTS: Heavy and dense while still fairly soft and pliable when room temperature. The colour is a dark black resembling shoe polish. It is fairly smooth and lacking in the grainy quality that was in the previous samples tried from the same location – particularly Gold Seal. The prices on the hashes not reviewed varied from 15 – 25/gram and included both Black and Red Moroccan and Brown Afghani.

Smoke Test

- Utensils:** Glass pipe with glass screen
- Taste descriptors:** Earthy 3, Petroleum 4, Hash 6
- Taste:** 5 - Tastes light and fast, the second you exhale you can taste the musk of this strain. Has a good after taste although not that strong.
- Smoke ability:** 6

SMOKE TEST COMMENTS: As I usually vape my medicine these days so it was a little different to smoke again. I found my lungs not totally ready for this. The taste of the smoke was not pleasant but might be due to having been away from smoke entirely for so long. The smoke was heavy though not harsh if you took in enough ambient air with your toke. It burned readily and stayed lit without much re-lighting.

FOLLOW UP QUESTIONS

- Dosage:** 20 hits
- Effect onset:** 2
- Potency:** 6 - potency of the sample from 0-10 none-devastating.
- Duration of effect:** .5 hour number of hours the effects lasted.
- Tolerance build up:** 3 Rate of how quickly tolerance builds from 0-10 none-rapid.
- Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up 6, Day/work 5, Evening/relax 7, Night/sleep 7
- Overall satisfaction:** 6 - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- Do you personally consider this strain a keeper for long term use?** No
- Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[4]
Anxiety relief	[]	[6]
Pain relief	[]	[4]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+
Anorexia	[]	[3]
Arthritis/Musculoskeletal pain	[]	[5]
Depression	[]	[2]
Migraine/vascular headache	[]	[3]
Muscle spasme	[]	[4]

FINAL COMMENTS:

I like the hashes for relaxation and muscle tension release but so far they don't taste too good. This one really did not differ much from the Gold Seal or the Black Moroccan as far as flavour or effect.



BLONDE BUBBLE HASH



MM
MEDICAL MARIJUANA



Physical Examination

Strain: Blonde Bubble Hash - \$115/ 5gm
Supplier: Medical Cannabis Club of Guelph
Judge: neutrino99
Date: March December 12, 2007

PHYSICAL EXAMINATION COMMENTS: This was a really great find. I have tried bubble hash before and have seen it made so I also know how much raw cannabis and how much effort goes into making such lovely medicine. It was very light in colour and in small chunks that were about the size of half a pea. It was dry and over time and with handling it crumbled up easily and again much resembled dry keif. It smelled very floral and made my nose itch just from the fragrance.

Smoke Test

1. Utensils: Volcano Digit Vaporizer - easy valve.

I also tried this in a two stage water pipe and found it to have more potency somehow in the Volcano

2. Taste descriptors: Earthy 3, Floral 8, Hash 4

3. Taste: 8 -

5. Smoke ability: 10

SMOKE TEST COMMENTS: This sample was a very smooth vape. Even in the water pipe there was no coughing and almost no smell at all in the room after medicating. Oddly it seemed that when I used this medicine in my Volcano that it was more potent. I'm not entirely certain how this is possible unless there is a higher percentage of total THC in the bubble hash or the strain from which it was made. In any case I noted this as it happened on more than one occasion. It tastes nice and smooth and is stronger than cannabis and you require less. It is much less hassle to use this form of medicine for many reasons.

FOLLOW UP QUESTIONS

1. Dosage: 14 hits

5. Potency: 8 - potency of the sample from 0-10 none-devastating.

6. Duration of effect: 1.5 hour number of hours the effects lasted.

8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning/wake up 9, Day/work 8, Evening/relax 7, Night/sleep 5

9. Overall satisfaction: 8 - Rate your overall satisfaction from 1-10 poor-Holy Grail.

11. Do you personally consider this strain a keeper for long term use? Yes

12. Effect: What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+		N-	P+
Ability to rest or sit still	[]	[8]	Pain relief	[]	[5]
Anxiety relief	[]	[8]	Thought process	[]	[4]
Appetite	[]	[3]			

EXTENDED MEDICAL SURVEY

	N-	P+		N-	P+
Allergic rhinitis	[]	[7]	Migraine/vascular headache	[]	[7]
thought it made me sneeze it relieved the pressure!			Muscle spasme	[]	[3]
Arthritis/Musculoskeletal pain	[]	[6]	Nausea	[]	[4]
Chronic fatigue	[]	[4]	Post Traumatic Stress disorder	[]	[4]
Depression	[]	[6]			
High blood pressure/racing pulse	[]	[7]			

FINAL COMMENTS:

This medicine packs a punch for the amount required to medicate. It has no plant matter so there is less to leave a smokey residue. It didn't make me cough though it did trigger some sneezing and a runny nose. (as I have rhinitis this was a good thing at this time of year though could be more annoying come spring time) It tastes smooth, floral and sweet and is very enjoyable to use if it weren't so expensive it would be an every day medicine.



RED MORROCCAN



Physical Examination

Strain: Red Morroccan Hash - \$23 gm
Supplier: Medical Cannabis Club of Guelph
Judge: neutrino99
Date: December 29, 2007

PHYSICAL EXAMINATION COMMENTS: This sample was only one gram so I got a good look at texture but not sure how it came originally. It was very thin and had a definite appearance of colours in it that appeared grainy though they weren't. It looked so interesting I took a picture through my magnifying glass. Once cut and crumbled it seemed lighter and appeared much like dry keif.

Smoke Test

- Utensils:** Volcano Digit vaporizer - easy valve
- Taste descriptors:** Earthy 4, Floral 2, Bubblegum*, Leather 8

(* - I marked this one as there isn't a space for just "sweet" and there was a distinct sweet or sugary type of taste/smell to this sample)

- Taste:** 8 - Tastes light and fast, the second you exhale you can taste the musk of this strain. Has a good after taste although not that strong.
- Smoke ability:** 10

SMOKE TEST COMMENTS: This sample was incredibly smooth and tasted strongly of leather on the first bag. This sense of leather eased off and changed to a sweeter nutty taste. It was earthy and smooth and delicious. I didn't feel any effects other than a distinct clearing of my mind and a small nose tickle.

FOLLOW UP QUESTIONS

- Dosage:** * hits I Didn't get pain relief so I could have used this all day just to keep my head clear.
- Effect onset:** 2
- Potency:** 2 - potency of the sample from 0-10 none-devastating.
- Tolerance build up:** 3 Rate of how quickly tolerance builds from 0-10 none-rapid.
- Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up 8, Day/work 8, Evening/relax 5, Night/sleep 3
- Overall satisfaction:** 2 - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- Do you personally consider this strain a keeper for long term use?** No
- Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
	[]	[4]
Thought process		

EXTENDED MEDICAL SURVEY (optional)

positive effect on aiding a clearing of daily "fibro fog" but this wasn't on the list of symptoms.

FINAL COMMENTS:

Though this sample looked, smelled and tasted amazing and did make my thoughts seem to be more stable and clear (fibro fog) it would also be a very expensive way to get relief of just one symptom. I heard from others how great this is but this is the second time I have tried what looked and tasted like primo samples but gave me very little relief.



PRESSED KIEF HASH



MM
MEDICAL MARIJUANA



Physical Examination

Strain: Pressed Kief Hash - \$10/gm
Supplier: Buzzworthy's Cannabis Cafe
Judge: neutrino99
Date: March 6, 2007

PHYSICAL EXAMINATION COMMENTS: This hash is dark and very crumbly both in appearance and texture. This does make it easier to prepare for both the pipe and the vapourizer as well. It has a lighter colour to it than all other hashes I had bought before that were of a texture that seemed more moist somehow. You can see the flat side where it has been pressed and compacted down and is harder to crumble on this edge. Though you can see different colours in it it is not grainy. It has a very strong, sweet and floral fragrance that is also totally different from any hash I had tried previously. You can almost taste the smell it is so fragrant!

Smoke Test

1. Utensils: **Volcano classic**
2. Taste descriptors: **Earthy 2, Floral 7, Spice 2**
3. Taste: **8**
5. Smoke ability: **8**

SMOKE TEST COMMENTS: This sample was a favorite so far between the price the flavour and the potency I keep my eyes peeled for this one! The taste is fragrantly floral and sweet with no coughing or after taste. It is so light it disappears in the water pipe and turns a softer dark brown in the Volcano. It is very smooth and potent.

FOLLOW UP QUESTIONS

1. Dosage: **12 hits**
2. Effect onset: **5**
5. Potency: **8** - potency of the sample from 0-10 none-devastating.
6. Duration of effect: **1.5 hour** number of hours the effects lasted.
8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up 9, Day/work 8, Evening/relax 7, Night/sleep 4
11. Do you personally consider this strain a keeper for long term use? **Yes**
12. Effect: What effect did the strain have check **P+** off if you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+		N-	P+
Ability to rest or sit still	[]	[8]	Sex drive	[]	[6]
Anxiety relief	[]	[7]	Pain relief	[]	[5]
Appetite	[]	[5]	Thought process	[]	[6]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+
Arthritis/Musculoskeletal pain	[]	[6]
Chronic fatigue	[]	[7]
Depression	[]	[7]
High blood pressure/ Racing pulse	[]	[4]
Muscle spasms	[]	[6]
Post Traumatic Stress Disorder	[]	[5]

FINAL COMMENTS:

This sample is a personal favorite as it tastes very nice and is smooth in the vape and the water pipe equally. It starts my day well by giving me a boost of pain relief along with clear thoughts to get me going. It doesn't trigger nausea as some of the sativas that I use to get going can. It was a great price to boot. If I had known it would be so nice I would have taken more of it and less of my regular medicine.



SKYVIEW HASH

Physical Examination

Strain: Skyview Hash - \$15 gm

Supplier: TCC

Judge: neutrino99

Date: April 18, 2007

PHYSICAL EXAMINATION COMMENTS: Soft and smooth and very pliable – almost too soft to cut into small pieces for use as I normally like to do. It twisted and moved around when trying to cut it up and I am am total klutz with a lighter so I didn't like the softer texture of this one. It had a very even consistency throughout.

Smoke Test

1. **Utensils:** Volcano classic and water pipe
2. **Taste descriptors:** Earthy 4, Floral 6, Hash 6
3. **Taste:** 7 - Tastes light and fast, the second you inhale you can taste the musk of this strain. Has a good after taste although not that strong.
5. **Smoke ability:** 9

SMOKE TEST COMMENTS: This sample is a very smooth smoke but it still tastes a bit "chemically" as do some of the other hashes I have run across. It vapes into a harder, darker and more crumbly texture after vaping that I save up to add to food.

FOLLOW UP QUESTIONS

1. **Dosage:** 9 hits
2. **Effect onset:** 5
5. **Potency:** 8 - potency of the sample from 0-10 none-devastating.
6. **Duration of effect:** 1 hour number of hours the effects lasted.
7. **Tolerance build up:** 3 Rate of how quickly tolerance builds from 0-10 none-rapid.
8. **Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up 9, Day/work 8, Evening/relax 8, Night/sleep 5
9. **Overall satisfaction:** 7 - Rate your overall satisfaction from 1-10 poor-Holy Grail.
11. **Do you personally consider this strain a keeper for long term use?** No
12. **Effect:** What effect did the strain have check P+ off if the you got a POSITIVE effect and check N- if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[7]
Anxiety relief	[]	[6]
Appetite	[]	[6]
Pain relief	[]	[7]
Thought process	[]	[5]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+
Arthritis/Musculoskeletal pain	[]	[5]
Muscle spasms	[]	[4]
Post Traumatic Stress Disorder	[]	[6]

FINAL COMMENTS:

This was a nice one to have the experience of finding but I wouldn't find myself out searching for this one for myself. I have heard from others that this is a very good medicine and though it does take care of more than one symptom It's still not enough to be the "holy grail" I am seeking.

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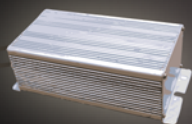
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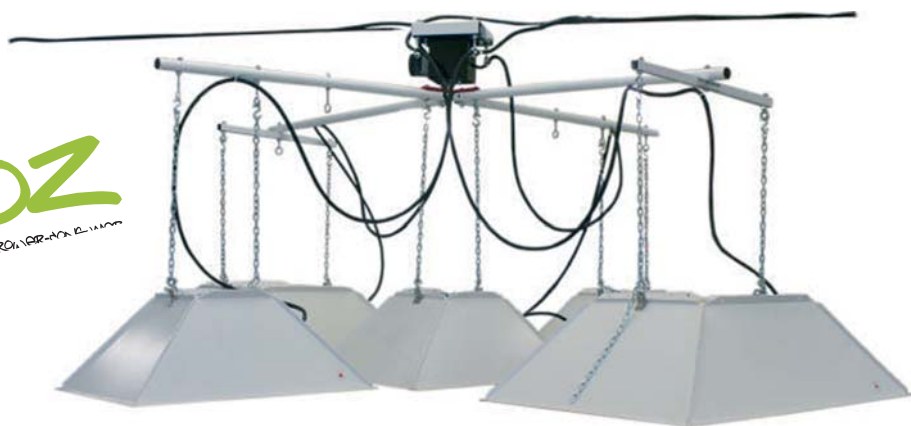
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ORDER



Solar Revolution 🍌

by Gord Hume

partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer

This review will cover the “Solar Revolution”. This “Solar Revolution” was provided to us by our friends over at “solarrevolution.com”.

The “Solar Revolution” is a circular light mover capable of moving two, three, five, six and up to eight lights from the same unit. This mover is quite compact, allowing for a very nice grow surface to ceiling height. The total stated weight capacity for the unit is 120 pounds. This unit is rated for “remote mounted ballasts” only.

I took the removable cover off to check out the “insides” of this nice piece of machinery. I must say this is one well made piece of machinery!

The body of the device is well constructed out of heavy gauge metal. All shafts are fully supported by ball bearing mounts. There is a “modular” plug (the same as used by a typical computer plug) to supply power to the unit. The unit comes complete with a six foot power cord, four “powder coated” light support arms as well as a selection of “tie wraps”

and assorted mounting hardware.

The unit supplied for review is set up at the factory to rotate the lamps 90 degrees, then change direction and return... this process is repeated with smooth “fluid like” movement again and again and... I suggest a timer be used to rotate your lights only while they are lit. Also available for this unit are other “degree” settings for rotation... for example if you are interested in “splitting the spectrum” by using both MH and HPS lights you can take advantage of the available 180 degrees or up to 355 degrees of rotation. However 90 degrees makes it easier to use vented light fixtures.

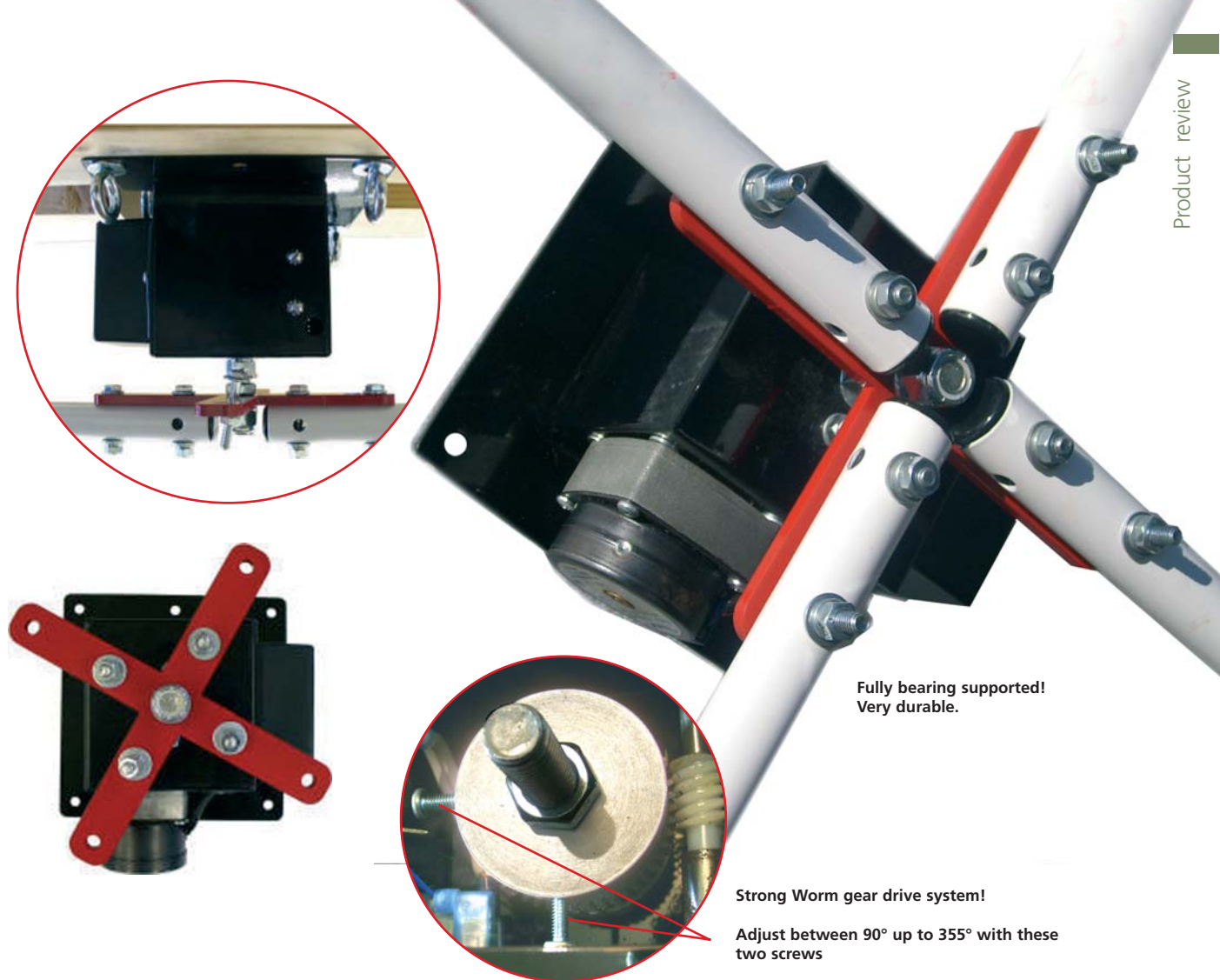
I have not had the opportunity to test this unit with lighting mounted (I do know for a fact though that the advantages offered by a light mover are very REAL), as a result of not being able to mount lighting I elected to test the unit for DURABILITY!

For this test I affixed the unit to a set of rafters (use EXTREME caution

when mounting this device... adequate care must be taken to ensure that you have solid load bearing mounts). I then suspended a sling from the red “arm mounts”... this sling was then loaded with 50 pounds of weight (hanging centered under the arm mount). I then plugged in the machine and observed its operation for several rotations to ensure I had a trouble free mounting.

I have left the machine running for a total of 30 days... 24/7. This should have been a sufficiently “Brutal” test for this device... that is to say if it is going to break... it should have by now. It didn’t break... heck it hardly even “warms” its gear drive motor under these grueling conditions. I would attribute the unit’s reliability to its fine construction and use of excellent components. The worm drive gear system that rotates the lights is constructed from high grade plastic/Teflon gears... this helps to assure quiet and smooth, trouble free operation.

I have only ONE thing to say about



Fully bearing supported!
Very durable.

Strong Worm gear drive system!

Adjust between 90° up to 355° with these
two screws

this unit that needs to be addressed... the base plate that holds the whole thing to your ceiling/rafters (etc) is attached to the rest of the unit by only FOUR sheet metal screws. It is my humble opinion that this is an improper use of these screws. It is my opinion that a unit that is specified to hold a maximum of 120 pounds above your precious plants **MUST** be absolutely adequately SECURED. Before I mount this rotator over our veg garden I **WILL** be removing these sheet metal screws and drilling the holes out to accept 1/4 -20 hex head bolts, then I will reassemble the unit with bolts and lock nuts... in my humble opinion this is the **ONLY** acceptable method to secure the mounting plate to the rest of the unit!

Aside from this one actual “flaw” there is only one more thing that I

would like to see, the only “addition” I would like to see is a speed controlling potentiometer so that the rotation speed can be set to your desired speed... perhaps even a two position switch that selects between full speed and half speed would suffice.

All in all I give this device a “single” thumb up... if the base plate were to be affixed in a manner such as I have described I would then up this rating to a “Two Thumbs up”!

I would like to thank “Solar Revolution” and “West Coast Growers” for providing us with this sample for our review purposes; it will be a welcome addition to our veg room once I have modified the mounting plate. If you wish to enjoy the benefits of “Shadow Shifting” in your own gar-

den I suggest you look into this great little device.

As usual I would ask that you browse the web to <http://www.solar-revolution.com/Main.htm> to learn more about the benefits of “Shadow Shifting” and how to properly mount and operate this device safely and effectively.



Product review with



Verdamper



by Gord Hume

partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer

Here is a VERY cool vaporizer! It's called the "Verdamper". This awesome vaporizer has been supplied to us by the inventor himself "Evert". Evert is an ingenious man who lives in Holland. Evert is a man who enjoys quality med's delivered in an effective manner... so much so that he undertook to develop this extraordinary "Verdamper" vaporizer!

I have to tell you folks... when this device arrived I had to sit and look at it for a few minutes to figure out how it goes together. At first glance it looks a little daunting and ungainly, but don't let this fool you. Once you understand HOW it works it's quite simple to understand how to assemble the vaporizer, once assembled it's a rather "Elegant" piece that will serve you vapor in a way you have likely NOT experienced before!

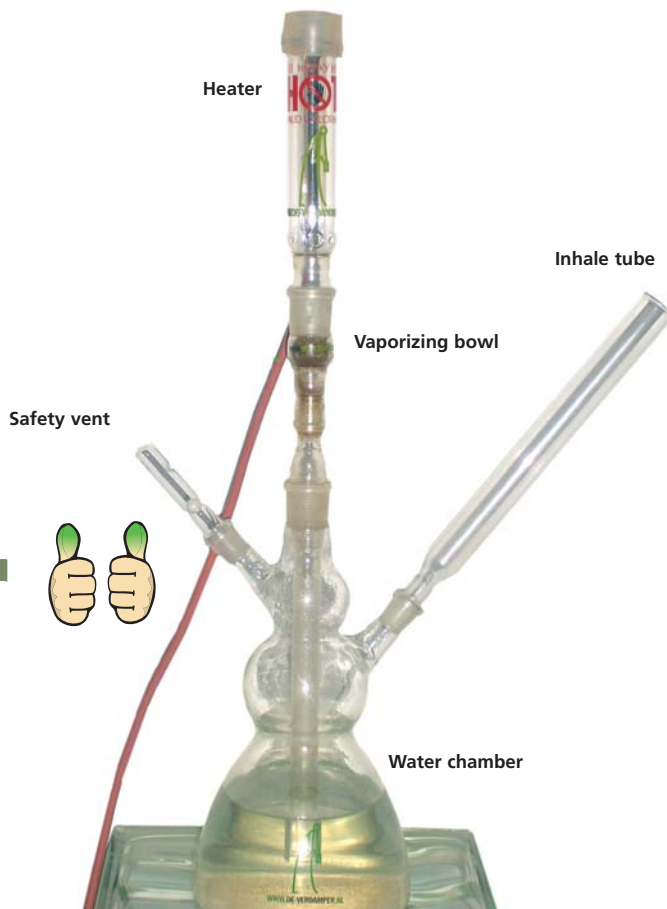
I received the "Deluxe" model complete with a "safety air vent" for review purposes.

Let's start from the start...the very first thing I would like to note is the exceptional quality of this device! All of the connection points are fitted by means of "Ground Glass" tapered fittings!

The unit consists of a nice large "bong", this serves to cool the vapor and to trap any "particulate" that might get past the screen... the bong is of course partially filled with water. Next is the "connection tube", you simply place the connection tube into the bong and allow the tapered glass fitting to slide nicely into place. Silicon grease must be applied to this fitting for two reasons... the first is to ensure a vapor tight seal the second is to help make sure it will easily come apart for cleaning. OK now we have a bong with a tube down the centre, now we place the vaporizing bowl onto the end of the connection tube (here again I put a fine film of grease on the taper). Next comes the "safety air vent" this is an excellent addition to this vaporizer! The purpose of the safety air vent is to provide a place for any air that is accidentally blown into the bong to safely escape rather than force water up the tube into our meds or worse yet into the heater... lets face it, most of us have had a "surprise cough" send water into our bowls before (wet weed sucks!). Now we place the long glass tube into the

remaining "socket", this is our "inhale tube". I place a thin film of grease on ALL glass tapers... Evert has seen fit to supply the "Verdamper" with a little jar of the proper grease just for this purpose. I can tell you that the amount of grease supplied will allow me to keep my "Verdamper" properly lubricated at its joints for YEARS to come. Also included in the package are three cleaning brushes of various sizes for easier cleaning (looking at mine... I think I ought to clean it soon).

Now we have the heating unit. This is a well made and well thought out design. You will notice that the heater unit is also equipped with a ground glass fitting... this is the ONLY glass taper that I do NOT put any silicon grease on! The heater must be plugged in for at least ten minutes PRIOR to your first vape session, this is to ensure that any foreign oils or other such contaminants resulting from assembly are burned off and don't get inhaled. Now let's take a look at the heater, if you will notice there are holes placed around the base of the





Holder for bowl and glass heater



All fittings are precision ground glass.



Trichome encrustation

heater... these holes are an “alternate air path” for vaporizing at slightly higher temps (more on this later). The heater unit is a 12 volt DC coil type heater, it comes with a transformer for “in home” use and can be fitted with a cigarette lighter plug to make the unit “car friendly” (get someone else to drive... please DO NOT VAPE and DRIVE!!!). The heater has a “glass handle” to make it easy to hold onto. Provided with the “Verdamper” is a wooden stand to hold your transformer as well as having two holes... one to hold the heater unit the other to hold your vaporizing bowl.

Now it's time to put this slick unit to work! Simply grind up a bit of your favorite “herb”... use a very small amount until you know the machine AND your own limits. Place the ground up herb onto the screen in the “vaporizing bowl”, now place the heater unit into the ground glass taper in the top of the bowl.

From here on out it's all up to you! I recommend the novice to the “Verdamper” should take maybe a couple of decent inhales and wait a few minutes to establish the effects. Now remember those little holes around the base of the heating unit? As I mentioned before these provide you with an “alternate air path”, by simply placing your hand (or piece of paper...) over the top of the heater you force air to come through the tiny

holes... this in turn raises the temperature of the air passing through your herbs (GREAT for putting the finishing touch to a bowl that is almost exhausted).

The very first thing that I noticed was the TASTE of my meds; the taste is definitely “All There” allowing the user to more fully appreciate the “art of vaporizing”. The next thing I noticed was just how MUCH vapor I can inhale with this wonderful device. I must caution you on this point... it is quite possible to inhale much more vapor than you thought you had. My first session with the “Verdamper” had me almost reeling from so much vapor. I'm by no means a “stranger” to vaporizers nor to medicating with quality cannabis... the “Verdamper” delivers vapor so clean and so cool that you can VERY easily “over medicate” and the dangers are obvious. In the event of overmedicating you might drop your “Verdamper” (this would be a real shame), you may cause a fire if you happen to become so medicated that you don't pay attention to the heater unit and whatever it may touch... it gets VERY hot!

When you are vaporizing please make sure that you hold onto the “vaporizing bowl” when you remove the “heater unit” sometimes this might “stick” a little... and you know how it is... if it sticks to the heater unit... it WILL fall off and break

something!

In closing I would like to say that this vaporizer “The Verdamper” has REPLACED my daily vaporizer. If you follow our publication you will notice that I have reviewed a great MANY different vaporizers. This vaporizer stands ALONE in its design and its function. Some might say “the price is so high”... to them I ask this, “How much is too much”? What price can you put on the health of your lungs? What do you expect to pay for a quality “hand made” all glass vaporizer?

I give this vaporizer a very definite “Two thumbs up”! Evert is to be congratulated for his enthusiasm and his dedication to providing a first rate quality product! You can learn more about this device and how to order your own over at “<http://www.de-verdamper.nl>”, there is even a schedule telling you where you might find “Evert” himself and try a “Verdamper” for yourself before you decide you just “gotta have one”!



Volcano 👍👍

Digital Vaporizer



The Volcano was drop shipped from Nature's Way in Ottawa. The only criticism I have is the invoice does not show the cost of the Volcano. There are certain design flaws that need to be corrected for this to be a truly great machine.

The one thing that bothers me is there is no on/off switch. The Volcano will automatically shut off after 30 minutes. But in the mean time it's still using power!!! So I hooked mine up to power bar with a switch and shut it off as soon as my bags are full.

People with disabilities who use the Volcano, especially those with motor skill impairment and lack of sensory input from nerve damage to fingers will find it a challenge to use.

First off this thing needs a fold down handle!!!! I use the vaporizer every hour or two. Which means I moved from room to room hourly and outside in the summer. Since I have a spinal cord injury to my neck and a metal plate and 4 screws in my neck my walking deteriorates through the day. So having to clutch the volcano with 2 hands while I move from room to room is not the safest way to travel! So if I had a nice collapsible handle with a large padded grip for the arthritis sufferers among us, which would be nice.

I use the Easy Valve System. It has a black mouth piece that you attach to the bag and push in to open the flow of vapor. The problem with the mouth piece is that it is too thin! The rim is about 1/16 of an inch thick. So if you have any kind of issues with fingers that don't work well it's easy to

drop it. It tends to shoot out like a watermelon seed and always goes under a table into the farthest corners of the room. Plus it is black and very hard to see once it flies away. Change the color of the mouthpiece to white or orange so it's easier to see for those of us with cataracts. The other problem with the mouth piece is it needs to be made with corners on it not round. Because it usually rolls off the table as soon as I put it down!! So there I am, again, on my hands and knees searching for the mouth piece!

I ran my mouth piece against my belt sander to square off the edges so it won't roll off the table!!



The vapor chamber is in 2 pieces that thread together. The problem is that it only takes a small twist to separate the 2 pieces apart. So if you don't really tighten it up the vibration of the machine plus the heating, cooling effects will cause the two halves to separate. The top part with the bag will fall off and then the pot in the vapor chamber will erupt into the room making one heck of a mess.

The manual tells you to vaporize the pot for about 6 seconds to heat it up before attaching the bag so as to get more vapor and less air. BUT if you do this you will spread a fine powder of pot all over your house. The unit comes with the standard screens which are okay with hand grinds of

pot. But if you use a \$15.00 coffee grinder you can save yourself a lot of work. The problem with the extra fine grind is that it will blow through the large screen and into the bag and into your lungs!! I purchased the fine screens but still found the fine pot was still getting in my lungs. This irritated my lungs to the point I was unable to use the vaporizer. So I rigged up a water pipe and attached the vapor bag where the pipe bowl would normally be.



This fine powder is a serious health risk to your lungs.

I am a woodworker and there was an article several years ago about a professional woodworker who was using BC Cedar on a weekend project. Now this guy knew how irritating cedar sawdust can be, but he figured it was just a small project no big deal!! By the end of the weekend he thought he had pneumonia. But it was a severe reaction to the oils in the sawdust. To this day this man can't go into a workshop without a



full air mask with filtered air. So don't suck in any marijuana dust or you may have the same problem. I have sensitive skin so it makes sense that if the skin on the outside is sensitive so is the inside. Even using the water pipe arrangement to vaporize, I still have to take a drink of water after every toke as I start coughing. There is a small o-ring on the heating chamber. It seals against the interior of the vaporizing bag when it is attached to the heating chamber. It is easily lost when switching bags! So maybe the company could spend 50 cents and include 10 extra o-rings with the unit!

The unit comes with a handy brush for cleaning the top and bottom screens of the vaporizing chamber. If you find your bag is taking longer to fill it means your screens are clogged or your bag has hole in it. If the screens are clogged I take the vaporizing chamber, screens included and let them sit in rubbing alcohol overnight. That gets rid of all the clogs and sticky parts.

When you twist the two halves of the vaporizing chamber and you're screwing them together, blow on the threads. This will remove any spilled medical marijuana caught between the 2 units. Otherwise when you try to separate the 2 halves later they will be glued together by the sticky buds. Also the 2 halves seal together inside the vaporizing chamber, metal on metal. You need to clean that area with alcohol every month. You should also turn you volcano upside down and brush the screen on the heating unit as the powder sifts through the screen into the heating unit! Make sure you dust off your table regularly as the unit sucks

air through the bottom of the unit through a foam filter. Two extra filter units are included.

It also comes with a metal wick to use essential oils in the vaporizing chamber. I have not tried it but I'm sure it will work fine. I would advise putting oil on the wick on a plate first. Don't place the liquid on the wick while on the heating unit. Some essential oils flow very quickly and you could damage the unit or cause a fire if the oil leaks into the machine.

The bags that came with the easy flow system don't last as long as the home made system I use. I also found bags in the grocery store (plastic bag area). They are called LOOK! Oven Bags. You get 4, 10 inch by 15 inch bags for \$5. I have not used these so I don't know if the quality is the same as the German bags. I bought 3 rolls of bags each 3 meters long for \$39 including shipping. I have gone through only 1 roll in 3 months so it's very economical.

When I vaporize I use 3 bags at a time. This seems to give the amount I need at one time.

The main reason the bags split is because the 10 inch diameter bag has to be funneled into the narrow ? inch mouth piece. The result is that the bag is overlapped and creased to fit in the narrow opening. So when you inflate the bags, do not inflate until full or you hear lots of crackling. Because what you're hearing is the breaking of the bonds of the tightly folded cellophane!! We all know if you bend a piece of metal back and forth it will break. This is the same for the bags.

I purchased the bulk roll of bags that you use for the other volcano unit. I then cut the old bags off the easy flow mouth pieces and attach the new bags that I cut to length. You attach the new bags over the orange mouth piece instead of inside. This increases the diameter of the opening for the bag. What this means is the bag isn't folded over as many times to attach to the mouth piece and will

last longer! The main place where the bags break is along the folds at the mouth piece.

I tape up the holes in the bag. But eventually the bag breaks at the mouth piece. So I cut off the bag above the break and reattach the smaller bag to the mouth piece.

I close the one end with string and the other with either an o ring from the plumbing dept. or an elastic band.

I make one smaller bag for the first vapor then use 2 larger bags. The first bag the medical marijuana is just starting to heat up and release THC. Then the next 2 bags are full of THC vapor.

I usually vaporize my medical marijuana at 245 degrees. But some marijuana I have gone as low as 235degrees! Let the vapor density be your guide. I increase the heat 5 degrees at a time to the top end of 260 degrees. This will give you 12 bags from one filling of ? teaspoon of finely ground marijuana. If you find there is too much smoke filling the bag it means the temperature is too high. Take your bag off lower the temperature and let the blower run to cool it down faster. Then reattach your bag and continue filling.

It's March and my volcano has developed an annoying rattle. The silver volcano top part is attached to the black bottom piece by rivets. They need to put rubber washers under the cone at the rivet points. When I'm vaporizing I have to hold the top to stop the noisy vibration. The other thing that my wife finds really annoying is the constant crinkle of the bag while watching TV. So I attached a 6 foot piece of hose (from the wine store) plus a couple of o-rings to seal the hose against the opening in the bag. Then I leave the bag on the floor and can smoke hands free and no noise.

I hope this information will be helpful. Happy vaporizing!
Brian? Yoga

Did you ever wonder...

Written by John Rolling Thunder

Photography by Aaron Cox

1000's upon 1000's of spliffs are bought, sold and smoked each and every day in the city of Amsterdam inside their infamously known coffee shops. Over 200 coffee shops cater to weary travelers from all over the world in search of the ultimate spliff. Keeping up with production, supply and demand, the key lies in the development of various joint making machines. Mixtures of marijuana, hashish, pollen and/or tobacco are brought together in exquisitely rolled joints. Up until recently tobacco was part of the equation, but not anymore with the change in the law that prohibits the use of tobacco in enclosed public places.



1. Ingredient: Moroccan Ketama (Red Pollen).

(Ketama is the name of the famous mountain region in Morocco known for its hashish worldwide) The hash and/or pollen is ground xxx-tra fine to promote smooth burning spliffs. Sticky hash is not recommended because it causes the units to freeze up eventually damaging the machines ability to spin burning up the motor.



2. Ingredient: Marijuana

This is broken down, cleaned and ground but not finely ground such as the pollen in hash. The marijuana is the body of the spliff, if ground down to powder it would not smoke properly.



3. The paper cones are pulled from their package. They come in various sizes from okay to oh my god! They come pre rolled with filter tips and must be separated by hand.



4. This is a unit. There are six units with eighteen holes in each. After separation, the paper cones are dropped carefully in each of the eighteen holes of every unit.



5. Once the paper cones are placed in the units the mixture is evenly filled in all the cones.



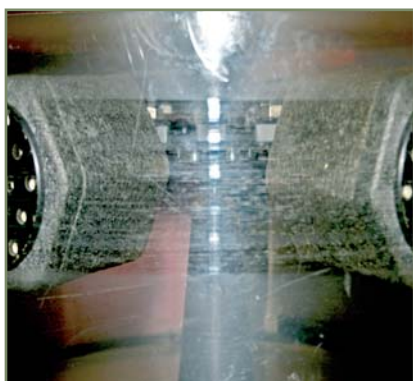
6. Each unit is placed, hung and locked in position.



7. Making sure all units are locked into place before the great spin!



8. Placing the drum over the top of the joint machine. Powering up to 30 Hertz.



9. It spins continuously for four minutes. Centrifugally like a roulette wheel on Red Bull.



10. Removing each unit individually, one by one, systemically the spliffs are removed.



11. Carefully pulling each evenly packed paper cone, now a spliff, the end is closed and usually placed in a plastic tube, then marked as to identify each variety with a colored plastic tip.



12. The final product.

Come and get it.
Keep it green and let the smoke rise.

Coffee shops that use such a high tech joint machine can easily make 6000 joints a month. Each spliff average cost is 3.5 euro. With over 200 coffee shops in Amsterdam the consumption averaging 6,000 a month that comes to 1,350,000 finely rolled high tech spliffs.

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Judging the entries wasn't an easy task, but we believe we have chosen two winners who are truly deserving of a HerbalAire.



Scott McCluckey

British Columbia, Canada

Scott is a strong advocate for medical marijuana. A TY member, BCCS member in good standing and an active member of The Canadian Cannabis Coalition. To see where Scott has taken his passion for medical marijuana visit www.icannabis.ca



Jacki Rickert

Wisconsin, USA

Jacki is a true hero in the medical cannabis movement. Simply Google Jacki Rickert to get an idea of her many accomplishments.

Please keep those entries coming!

**We know there are many more deserving people who are eligible to win.
If your entry wasn't chosen this issue it still remains eligible for future give-aways.**



Eugene Hempfest

By Eddy Lepp

This July my friend and I drove up the I-5 to Eugene, it was a lovely way to spend the day, and we enjoyed it greatly. Upon arrival we checked in at the event, being held in a beautiful park under a freeway. The weather is perfect, and everyone is ready and anxious to start, except of course, Dave the organizer. Saying, "If it was next week I would be ready!"

While enjoying the wait, I wondered when Jack would be arriving. Jack Herer was up in Portland watching his daughter's band perform. She is hot, and I hope you can check her out sometime.

The event gets underway as planned around 4:20, of course, and Jack and I go on stage to make the opening speeches. I speak first, which is new because Jack has trouble speaking since his stroke. Now we are using an

"oil" that does wonders for Jack. He is now walking and talking better than he has since the stroke.

When Jack got up and spoke, I was in awe as I listened to my hero speaking once again so well, putting forth the truth.

Hemp will save the world.

After we spoke Jack went to his booth to meet his many fans and I walked around checking out the many great booths. Like Irie Vibes, ask for Moira Melodia at Lioness Works. Custom Ganja Art and the whole family were there, and the Pipeline had glass, bunches of it and all nice. My fave's Urbage Designs showed up, and the political end of things was looked after by the Medical Cannabis Resource Center. Oregon NORML was there, and congratulations to Madeleine who

has gone on to the National NORML Board of Directors.

The many bands playing, one of the best was Henry Turner, and Flair, a wonderful blend of funk, soul, rock and reggae. It was a great show.

I hope you will all join us next year and help it to grow. Jack and I will be there so come see us.

Respect All,
Hurt None,
Love One Another.

Eddy Lepp



MA's Educational Spring Adventures

By Wendal Grant

This spring has been a very busy time for a group called MA. MA is a group of medicinal marijuana exemptees who are educating the grassroots people on the benefits of medicinal marijuana. This group was formally known as Medical Marijuana Advice and Awareness but we now have a new name. MA is shorter and it doesn't confuse people with MMAD, Canada's medical marijuana program. Our new name MA, stands for Medicinal Marijuana Awareness. Maybe the name has changed but our goals have not. That is to help educate the uniformed on medicinal marijuana as well as to help sick people to legally be able to have marijuana as their chose of medicine. These last few months we have been to 2 different events as well as we have spoken in front of some very important people, Doctors. Read on and see where we've been and what we've been up to.

Niagara 420

In the last issue you were able to read about what some of our members did back in March, as they were on hand to help Marco in the TY booth at the Toronto Home and Garden Show. From there we moved our sights onto the 420 celebrations in Niagara Falls Ontario, held there every year around April the 20th. Marco asked some of our members if we were interested in speaking and 2 of us agreed to. While the theme of the celebration was against the Con-

servative Bill C-26 and "Why Prohibition?" our members chose to talk about medicinal marijuana.

With a minimum 3 hour drive to the event, some of us went down a day early, while others drove there the day of the event. One member chose to go on the Magic Bus to get the celebration from the beginning. With everyone going at different times we set up a location where everyone could meet up. Picking the starting of the parade route seemed the best for everyone as it was the easiest place to find; besides the water falls.

When I arrived at the parking lot across the road from Victoria Park I soon found myself on the end of a TV camera. A freelance camera man approached Marco about him doing an interview. Marco quickly agreed and he spoke on what the parade was about and its history. Then the camera man turned his sights on me. This was my first ever TV interview and once I got the quick jitters over with things came out naturally. As it turns out Marco and I must have done a fine job in speaking, as part of out interviews made it onto City Pulse 24 News. WOW someone may have paid for what we had to say. Nice.

Everyone arrived on time and things were going good. Marco handed us the TY banner so that we could hold it open for everyone to see. Gramma Dee, Rich, Lynda, Shiva and I all

stood right up there near the road and made sure people could see it as they passed by. We weren't alone as other people with banners and signs joined us near the road. Many of the drivers that passed by Victoria Park would send out loud blasts of approval, from their car horns, as they drove past not only at us but the whole group of people there.

After a little while the crowd made their way down Victoria Park Avenue towards Clifton Hill. Clifton Hill is known as the tourist hub of Niagara Falls. It's a steep hill that makes its way down to the Falls, which is covered with lots of amusement locations for the tourists to visit. With so many Canadians and tourist there to visit, the Falls as our back drop and the U.S right across the river gorge, this sure makes for a great spot to march. As we made our way along the parade route the crowd slowly got larger as others joined in. By the time we got onto Clifton Hill it was very crowded which made it hard for everyone marching to stay together. In the end we all got through the crowds and made our way down near the Falls for the crowd to hear the event speakers, speak.

The event organizers made their way to a raised area that leads to the Falls viewing platform. This made for a perfect spot to speak as we were well above the crowd. Knowing that everyone would be focused on the



speakers Rich and I headed right for the stage. We got the TY banner positioned right behind the speaker's podium which we believed would be a perfect spot for all to see it. Having getting positioned the other members of MA joined Rich and I up on stage. Gramma Dee and Gayle took turns holding the banner with us while Shiva stood tall near by. Lynda could be seen getting her picture taken with people as everyone liked her sign. Marco got things going and one by one the speakers took their turn. Some talked about the new laws that the Conservative want to bring in, while others like us talked about the medical use of marijuana.

For me it was a new experience as I had never spoken in front of a marijuana crowd before. Years ago when I was the vice-president of the local hockey association, I would speak in front of all the parents during the association's annual banquet but that was then and this was now. On this day the nervous nellys were setting in but I just kept focused on what I was going to do. I had my speaking notes in my hand as I paid close attention to those that went before me to see if I could pick up some pointers. When it became my turn, I knew how I was to get my speech started. I informed the crowd that I was there celebrating with them but also with my wife, Gayle. I then turned to her and wished her a "Happy Anniversary" in front of the crowd as we were celebrating our 23rd wedding anniversary on this day.

My speech touched on my illness and the benefits that I have found with having cannabis as my medication of choice. I informed the gathering that I have not used any opiate pain killers like morphine, perqs or any other narcotic since the third day I came home from the hospital. I also talked about some of the things our group, Medicinal Marijuana Awareness, have accomplished so far. This includes the award winning video done at our local college. The video, called "Growing Relief", won Best Documentary of the Year at this college. The video features one of our members battle with MS. It also includes an in depth interview with the doctor to this patient and others within the group. When we first saw the video there wasn't a dry eye in the house. Since we're all so happy with it we plan on using to help educate others. With their permission I also touched on some of the group members and how marijuana has helped them. I mentioned how one lady has been off of her medication for a mental illness for a year. With her doctors guidance she has dropped all those pharmaceuticals and has just used cannabis to help her out. The doctor has been impressed with her to date. They have sent her for an IQ test which has shown an increase in this person IQ. Another lady that has been able to stop using the walker she was given a while back. Now she only occasionally uses a cane. I also touched on what our group does. This would include helping people fill out their exemption paperwork

or supply them with medical information to education someone.

Our group would like to thank the Marco's for asking us to participate in this educational event.

Global Marijuana March

Next on the agenda for us was the Global Marijuana March. This annual event is held every year on the first Saturday in May and its held world wide. We're fortunate enough to live a few hours away from the largest march of them all, Toronto. Toronto's event draws approximately 25,000 people to its event and something tells me this number will increase yearly as it has since day 1 of the event.

While our group wasn't speaking or getting involved in anything that was promoted we did do a few things. Gramma Dee, Uncle Bill and I spoke with a reporter for 680 News. The reporter interviewed us separately and asked us many questions. Later in the day, as we drove home, it was great to hear Gramma Dee's interview on the radio. After that we waited for a lady that had called me the day before. This lady was with a TV production company that was looking to interview medicinal marijuana users. While waiting for her to show up our group gathered with other members of TY's online community. Pothead Pete, Green Girl, Mama Hawk, Soulmate, Hashimoto and others had gathered around a table for the day. We all were just sitting around gabbing and having a ▶

good time, while we took in the days events. The TV lady finally arrived and we went over what she was looking for. In our phone conversation she talked about wanting to talk to medicinal users so that she can get an idea as to what we go through with members in our families. How did they accept it or did they accept it? What kind of problems did we have etc etc? Did anyone have an odd situation? I looked at it as she wanted a tell truth based story for the TV show but when we got together and I got to listen to her talk to the people, I soon found out that she was looking for dysfunctional family situation. She wanted a family that was having hard time accepting that a person within their house medicates with cannabis. This is not what I believed she was going to do. I believed she wanted the truth not some dysfunctional situation, thus exploiting the negative instead of the positive. I then wanted nothing to do with a negative imagine of our medication and haven't been in touch with her since.

After this was done we found out that the parade had left 20 minutes ago. We missed the front of the parade but not the parade itself. The parade was long, really long as our 20 minutes late start might have put us in the middle of the crowd. I sort of felt sorry for those waiting at the stop lights forever as we past by them. I was told the front of the crowd was loud and greeted very warmly by those they past by.

St. Joseph Hospital

Next up was a visit to St. Joseph Hospital in Toronto. A visit arranged by group member Lynda Duncan. Lynda's patient profile was in the last issue of TY and she touched on her addictions and how she has been in and out of detox. Lynda wanted to have our group come and speak to her doctor and his associates at the clinic. This was something that Lynda had worked on for quite sometime, which at one point seemed like just a dream. The group congratulates Lynda on setting such a high goal and achieving it.

Our appointment time was for 8:45am. This meant a very very early morning for some. Shiva was the one with the longest drive so he got the early bird award for the day, while Gramma D got the bed head award for sleeping in. It was a very early start for the group but we were eager to talk to these doctors about marijuana and opiate reduction. How and why we all use marijuana as a medication, as well as the many benefits. For this day we invited Marco to join us. We all have a goal of educating the uninformed so we were very happy to have him join us.

After fighting the endless highway congestion of the morning rush hour traffic of downtown Toronto we made it to the hospital. We pulled up and seen a sign labeled "P" with a green circle around it. Great, a parking spot right out front or so we thought.

When the doctors were ready for us we made our way into the room. It had a bunch of tables set up in a square so that people could see each other easily as they spoke. Our group went in armed with information for the doctors. Reports, websites and some other harm reduction information. We also came armed with our video disc but we quickly found out that we couldn't use it. The only lap top in the group was down and the room wasn't equipped with a CD player, only a VCR could be found. No problem though as it allowed our member to speak more. Our meeting was for 30mins so we used the time to speak. While we thought that we'd only have time for 4 speakers in the end six of us got to speak. The 2 extra speakers didn't come planning on speaking but when the time became available they jumped right in and did a great job.

Lynda was in a lot of pain on this day and it showed. But Lynda had worked so hard for this to happen that there was no way she wasn't going to attend. She got things going and talked about the group and her situation. Marco followed with his history as well as information on the

magazine. He told them about the reports and the doctors that write for the Treating Yourself. I followed him and spoke about my situation and then I explained to them what the paperwork was that we handed out earlier to them. Uncle Bill had never spoken in front of anyone or a group before. He's a big man with a cane and a very severe spinal cord problem. Shiva then looked around and realized he's up next and took the plunge. Like Uncle Bill, Shiva was speaking for his first time. Not to be quiet Gramma D talked to everyone on Uncle Bill's situation of narcotic pills, how doctors seem to be eager to prescribe them but worried about signing the governments' marijuana papers.

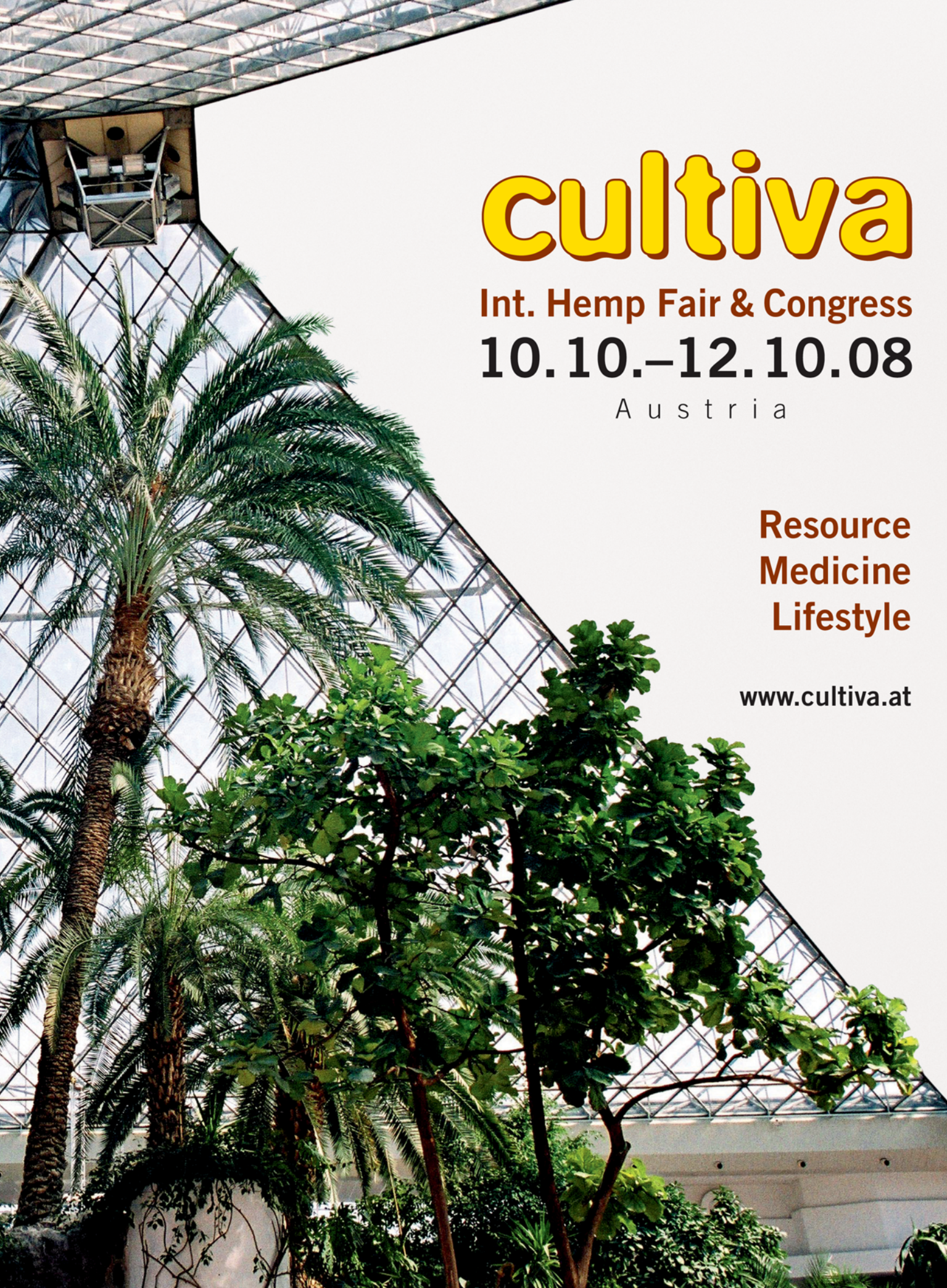
Once we were all done the group made its way back outside. We decided to get together and have a visit with Marco before heading home. Remember that great parking spot, that was just out front? Well that free spot turned into a \$30 parking ticket. When we reviewed the sign it did say it was free but after 10am. Of course we were there before then.

We're not 100% sure what's up next for us but I do know we're all looking forward to the next Toronto Home Show, which will be held October 10-13. We'll be there with another box full of information for the masses as well as a short survey to see how people feel about medical marijuana. When the survey is done, I'll write a report on what we found out. ■

Medicinal Marijuana Awareness can be reached at

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The Prism of Activism

Mark Heinrich
Canberra, Australia
August 1, 2008

My name is Mark, and I am a cannabis activist living in Canberra, Australia. I am but one of many good folk in my homeland who have taken up the struggle to bring cannabis and hemp awareness to the World, and put an end to prohibition.

Being a cannabis activist in Australia is an onerous task. It requires dedication, commitment and courage. The laws in Australia are still somewhat draconian, and the Federal Government still maintains a zero tolerance towards cannabis, be it recreational use or medicinal application in clinical situations. It can be a risky business, but success is often measured by what you have to give up in achieving it. This can sometimes mean the loss of personal freedoms.

Earlier this year I made a decision to travel to Nimbin, to attend the Australian Cannabis Cup, as well as be part of the Southern Hemisphere's premier cannabis celebration, Mardi

Grass. I had spoken with Michael Balderstone, President of the Hemp Embassy and the un-official Mayor of Nimbin. I was to be allowed unprecedented access to the Nimbin Hemp Embassy and the "Bunker" to observe and report for TY on events during Mardi Grass.

Mardi Grass is a legendary cannabis festival that has been defying drug war politics for nearly 20 years. In years past, pot heroes like Dennis Peron and Ed Rosenthal have travelled down under to experience some of Australia's best hospitality and marijuana.

Nimbin provides a unique insight into the bohemian and alternative lifestyle cultures that have been evident since the 1970's, as well as the *Aquarius music festival*, which launched the Aussie hippy culture in 1973. Nimbin remains locked in the past as a 'crib' for eccentric hippies, writers, artists, and environmentalists.



Rainbow Country

Nimbin is a small village in the Northern Rivers area of the State of New South Wales, about 70km west of Byron Bay. It sits in a verdant valley surrounded by rolling hills and dense sub-tropical vegetation. The area abounds in kangaroos, koalas, multi-coloured parrots, wombats, and platypus in the many creeks in the region.

Before European settlement the area was inhabited by the Bundjalong, Nimbinjee and Whiyabul Aborigines. It still maintains a strong indigenous presence, and indigenous culture is embraced alongside that of the hippy culture.





Despite an abundance of colour in Nimbin, it became evident as I prepared for my journey that a single colour was being seen to dominate – that colour being the blue uniforms of the constabulary of New South Wales Police Force.

It was an omen of troubles on the horizon, when I turned on the radio on the morning of 1 April, 2008. A major police intervention had begun in Nimbin, and various media organisations were running the news as a lead story. The Public Order and Riot Squad had come to town. Nimbin had been busted, and it was no April Fools' joke. This was serious business and people were being arrested and imprisoned for various cannabis offences. The New South Wales Government was making a statement.

Michael Balderstone had been sitting in the sun in the back yard of the Hemp Embassy, enjoying his first joint of the day. There was the sound of commotion coming from the street. "I thought it was the musicians arriving for our *'Fossil Fools' Day Event'*", but then the back door slid open and police poured out in riot gear screaming like on American TV – **'NOBODY MOVE – THIS IS A CRIME SCENE' etc, etc'**

Operation "Mickey" had commenced!

Police stood guard outside the

Embassy while the building and people inside were searched for drugs. Police sniffer dogs were also brought in as part of the execution of the Search Warrant.

The mid-morning raids included not only the Hemp Embassy, but also the Hemp Museum and Hemp Bar in the main street. A large convoy of cars, including an RBT Bus, had ferried up to 70 police, including the Riot Squad from Sydney. Eight people were arrested and charged with various cannabis offences, and police seized four kilograms of cannabis, cash, cannabis cookies, suppositories and more than 200 water pipes.

Richmond Local Area Commander, Superintendent Lyons was making a strong statement that police would be intent on disrupting proceedings up to and including Mardi Grass.

Superintendent Lyons said Operation Mickey was a testament to the NSW Police Force's tough stance on all drugs and he wanted to send out a "clear message" about it, "Illegal drugs continue to be a blight on our society and the supply of these drugs in the Nimbin area is an issue repeatedly raised by the local community," Supt Lyons said. "The people of Nimbin do not want any illicit drugs in their town – notwithstanding the fact that the production, possession and supply of these drugs are crimes."

As I sat and pondered the impact this would have on my pending trip to Nimbin, I decided the only thing I really needed to do was make sure I had bail money! I figured Kismet would look after all other eventualities.

Four weeks later I set off to Nimbin, driving through the night and arriving on the Thursday before Mardi Grass kicked off on 3 May. I was bristling with excitement, and my bail money sat in my wallet should it be required. I was a true cannabis warrior going off to do battle in the insidious war on drugs.



Nimbin Hemp Embassy - Inside the "Bunker"

Friday morning saw me making my way down Cullen Street towards the Nimbin Hemp Embassy to catch up with Michael Balderstone. There was a very visible presence of police, and I could sense an air of anger and trepidation at this heavy handed presence. Locals were wary of newcomers, but it was quite clear that a lot of marijuana was about as the air was heavy with the aromas of fine cannabis smoke.

The Hemp Embassy sits on Nimbin's main street, and is a large building with a retail store selling an array of hemp products, glass wares, pipes, magazines and all things cannabis-related. The Embassy also functions as a publicity bureau, political action centre, and focal point for locals and visitors attending Mardi Grass and Law Reform rallies.

Underneath the Hemp Embassy is the office of the Mardi Grass organising committee and local Hemp Party. This area is known affectionately as the "Bunker" and was to be my home for the next few days.

The Bunker is in every aspect a "War Room" – as you go in you see 2 banks of computers, several telephones, walkie-talkies, megaphones, and 2-way-radios. It has a kitchen and an attached bedroom for staff to rest, and a large library of cannabis and hemp books and magazines. It functions 24 hours a day leading up to and during Mardi Grass.

As I walked in I was greeted immediately by Lucy Charlesworth, an exceedingly intelligent and articulate woman who has been a cannabis activist for 30 years, who's electronic Cannazine "Weed Witches" keeps the torch of freedom burning. It was Lucy who was to introduce me to Michael Balderstone and others I had planned on catching up with.

It was shortly after meeting Lucy that Michael Balderstone arrived at the Hemp Embassy, a large group of volunteers in tow. He seemed to me to be the quintessential hippy, with his plaited pony tail, long beard and "Free Tibet" T-shirt on. When Lucy Charlesworth introduced me to Michael, I immediately felt that I was at the centre of Michael's universe – a strange sensation to have, but his charisma is captivating.

Michael Balderstone is a quietly spoken, humble man, but he has the gift of command, and a sense of presence to unite people in large numbers to bring about change. Michael is the

main voice of activism in Australia, and from the Bunker he and his loyal team take on the mission of spreading cannabis awareness in Australia. It was not long before I saw his talents in action.

Doors Removed in Protest

At 9.30am on Friday, NSW Police successfully applied for a court order to have the Nimbin Hemp Museum and Hemp Bar closed for 72 hours. Police alleged that the crowds during Mardi Grass, a festival celebrating cannabis, would increase the chance of drug dealing and use from the premises!

The Museum proprietor was served with the court order immediately after the hearing. But after hearing the news, people removed the Museum's doors. "Everyone had hid the doors so I couldn't close it" said Michael Balderstone. "Anyway, the police gave me a bit of a time and we eventually found the doors hidden and put them back on," he said. "There's 20 keys to the building around town so I don't know if it will stay closed."

Little did the police know but it was Michael and his team who had engineered this dramatic act of defiance to thwart the police in their attempt to close the Museum. It was a classic piece of strategy in this local war on drugs, and one that gained interna-

tional media attention. It is deeds such as this that make Michael Balderstone such an effective cannabis activist.

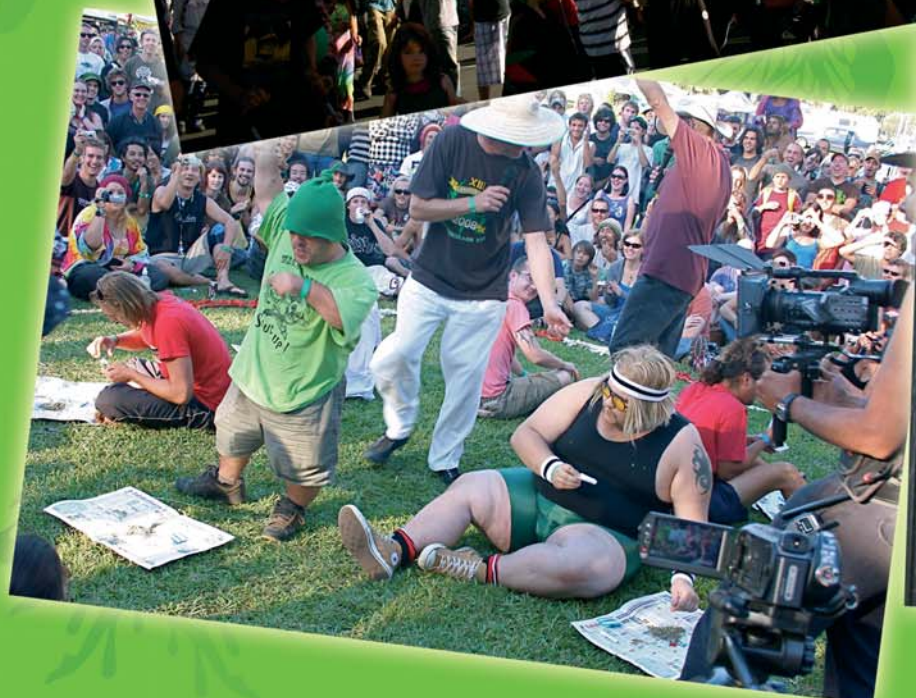
Mardi Grass, Ganja Faeries, and the Goddess of Hemp

Friday night in Nimbin saw the sun go down and the crowds gather in Peace Park for the Ceremonial Burning to herald in Mardi Grass. Local indigenous people lit the sacred fire and blessed the festivities with the "sacred smoke." This important local rite was a significant and a visible reminder that Mardi Grass and the indigenous people of the region were as one. It was a very spiritual moment for me as I watched on. I truly felt the love in my heart, and saw it as a good sign after the dramas earlier in the day.

Once the sacred smoke had been removed from Peace Park, the wondrous site of a young, beautiful woman draped in a white toga appeared out of the dark. She was carrying a set of flaming scales and a blazing sword held high in the night sky. She was the Hemp Goddess, and the flame she was carrying was the Eternal Flame, in honour of the brave souls who were victims of the war on drugs. It was a moment of enchantment, and the significance of the symbolism was not lost on the hundreds of young people who had come from all parts of the globe to



NIMBIN 2008 MARIJUANA CANNABIS LAW REFORM RALLY 3RD AND 4TH OF MAY



NIMBIN
CANNABIS
CUP
2008
1ST LITTLE NIMBIN
2ND PURPLE SKUNK
BIG BUD
3RD BLACK DOMINA

observe the official opening of Mardi Grass. It was perhaps the most special thing I have seen in 30 years of cannabis activism. It quite literally brought tears to me eyes.

Saturday morning back at the Embassy saw me sipping on coffee and smoking some of the samples I had been given from entries in the Cannabis Cup. I was pretty toasted and thought I was seeing things when a gorgeous young girl came into the room, dressed in green and looking like a character out of the Peter Pan movie. It was my first experience with a Ganja Faerie.

Michael Balderstone told me the Ganja Faeries had been a part of Mardi Grass since day 1, almost 20 years ago. Michael said the Ganja Faeries are the light spirit of the herb, the essential humour of indulging in it, the cheeky and naughty side, if you like. They're the ones who tickle your funny bone and make you laugh, and dance with you awhile along your way in life, then appear again in your dreams. They share a collective wisdom of living with cannabis. They help you to remember that the herb is healing in many wonderful ways and that the drug laws are stupid.



Ganja Faeries are an integral part of Mardi Grass and make up a large component of the Mardi Grass parade. Following closely behind the indigenous people who head up the parade, they are a crowd favourite, and certainly one of mine.

At 1pm on Saturday, the parade started to form up outside Nimbin Police Station. Apart from the indigenous people and Ganja Faeries, there were literally hundreds of participants decked out in all manner of costume, all contributing to the message of cannabis and an end to prohibition. There were the ganja grannies, various floats, and of course the inflatable 100 foot joint that had been part of Mardi Grass for many years.

It was significant the parade formed up outside the police station. It was a clear statement to the Government that it was time to celebrate, and that no matter what, Mardi Grass was here to stay! After the events of the last month, it was quite clear there was a lot of emotion involved in this act of defiance.

The police were taking a somewhat quiet role, but they were taking no chances so the Mounted Police and a solid wall of police officers barricaded the entrance to the police station. It was quite comical in a way as the Local Police Commander stood at the back looking like Chicken Little, thinking the sky was falling.

Once the parade was formed up, the procession headed down Cullen Street, through a large crowd of onlookers estimated at close to 20,000. All up it took nearly an hour to pass through to the local sports oval, where a rally was to be held to celebrate cannabis, and to sound the commencement of the Law Reform Rally.

Back in the Embassy, I sat and reflected on what I had just seen. It struck me that something quite wonderful had just occurred. This sleepy little town in the hinterland of Lismore, had just attracted the largest crowd to a cannabis festival in the southern hemisphere. There were some 60 different nationalities registered at the Embassy, and not one issue had arisen to mar the event. Despite the best efforts of the police, a loud and clear message had been

sent to the world that Australia was on the map as far as global cannabis awareness was concerned.

Ghosting the Message

As I drove out of Nimbin, I stopped at the local creek just outside of town and rolled up a joint. I wanted to take in my last moments in Nimbin and savour the memories of the last few days. As I watched a platypus ducking and diving, and frogs hopping to escape, a wedge-tailed eagle soared over head. I felt they were putting on a display just for me, and perhaps they were – a gift to me from the Ganja Faeries.

I had made many friends in Nimbin, and my task of writing articles on Mardi Grass was complete. I felt content in the knowledge that I had been a part of something very special; something that would stay with me forever.

Climbing back into my car, I took a large toké on the fresh air in Nimbin, deeply inhaling all the wonderful things I would be leaving behind. All the friends, the dreams, the passion, I held inside, and I simply "ghosted" the toké and drove away.

15 km from Nimbin, I had a last reminder of what I had been in Nimbin for. I had just come on a Random Breath Testing bus. A cannabis warrior to the last! ■



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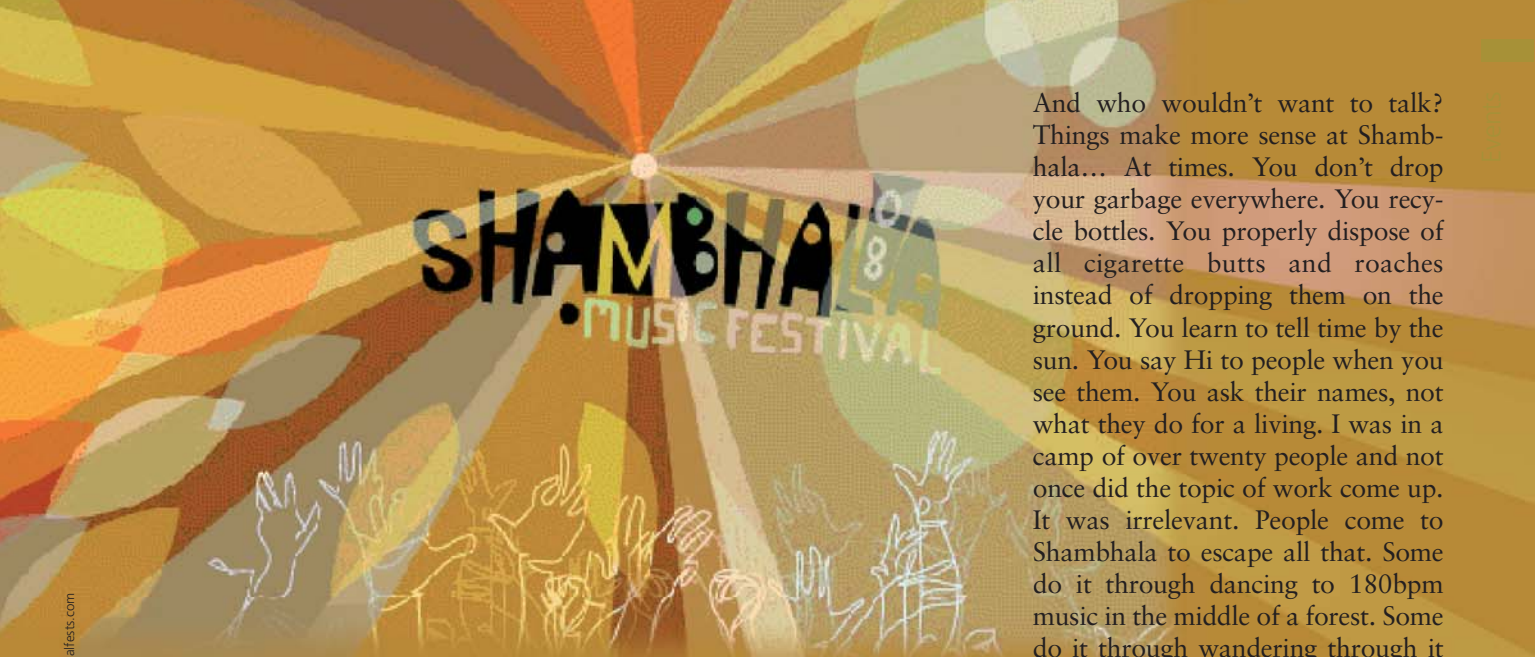
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SHAMBHALA 08 MUSIC FESTIVAL

Shambhala Music Festival 2008

by Andrew Rininsland

TY Copy Editor

Hotbox Magazine Managing Editor

Shambhala is defined by Wikipedia as a mythical kingdom hidden in the Himalayas, a place of peace and happiness. The Shambhala Music Festival, hidden in the Rockies near Nelson, B.C., is anything but peaceful. It is four full days of dusk-to-dawn four-to-the-floor beats, crazy visuals, lots of mushrooms, beautiful camping, wicked cannabis and, more than anything else, beautiful, insane, thoughtful, brilliant, energetic and visionary people.

From August 6 to 11th, a ranch near Salmo becomes one of the biggest outdoor electronic music parties in Western Canada. With attendance around 10,000, it's large enough to have an incredible atmosphere while being small enough to avoid many of the problems plaguing larger festivals (though there still exist some). The people involved in the organizing of the festival genuinely care. The First Aid station—located right next to the Sanctuary, where people who are tripping too hard can come for some hot tea, someone to talk to, or just a hug—provides free condoms, shelter and water to the festival's participants. The atmosphere the organizers have built around the festival should be a model for all outdoor music festivals (I'm looking

at you, Pemberton). By both virtue of necessity and foresight, the festival is designed to reduce its negative environmental effects on the surrounding area by creating a focus on zero-impact camping—the festival grounds are a functioning cattle ranch the remainder of the year. The family who runs the ranch are also in charge of Shambhala, meaning there is a very real and obvious reason to make sure future generations are dancing to whatever mangled version of glitchcore they'll have in 2020.

It's worth noting the phrase "festival participants" doesn't apply exclusively to the musicians and performers—everyone at the festival is a participant of some sort. People wear insane costumes through sun and rain. That floating dinosaur head you just saw wasn't your imagination or the cookie you ate earlier. Once people enter Shambhala, they leave their big-city pretensions at the door. They stop caring so much about being "cool." "Coolness" in Shambhala terms means being someone people want to talk to. Wearing a costume resembling a tiny cowboy riding atop a giant purple dinosaur invites a lot of interesting conversation.

And who wouldn't want to talk? Things make more sense at Shambhala... At times. You don't drop your garbage everywhere. You recycle bottles. You properly dispose of all cigarette butts and roaches instead of dropping them on the ground. You learn to tell time by the sun. You say Hi to people when you see them. You ask their names, not what they do for a living. I was in a camp of over twenty people and not once did the topic of work come up. It was irrelevant. People come to Shambhala to escape all that. Some do it through dancing to 180bpm music in the middle of a forest. Some do it through wandering through it all, trying to make sense of everything, and coming to the conclusion of nothing other than fragile beauty. Some just trip balls or have sex the entire time.

But of these, dancing is incredibly important. Before we had cities, before we had all this, we sat around a fire, tapping our feet against rocks and dancing, not giving a damn who saw or cared. Now we have cities, and houses, and things, and mortgages, and we're a generally unhappy society, and we don't dance. We need to dance. Dancing is a human response to music. We tap our toes, we move back and forth, we flail like idiots. Beyond the fact that dancing is terrific exercise, it unleashes something in the human spirit. It defies pretension. People constantly dance at Shambhala—at the stages, between the stages, at the campsites and in the parking lot. Perhaps that's what Shambhala is about, in the end. The music, the dancing. Being Rousseau's "noble savage."

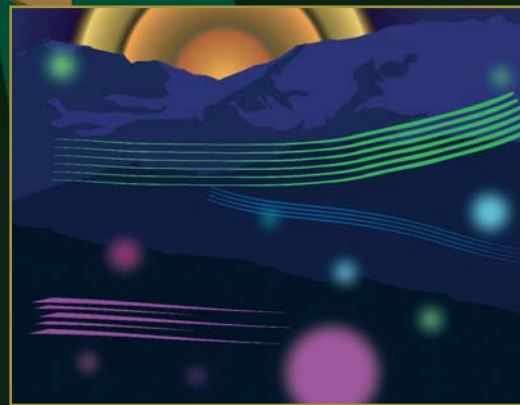
Amusing as it is that it takes five paragraphs to even begin talking about the music at a music festival, it's an irony not well lost on the participants at Shambhala. Most people don't carry a schedule (it'd be wrong, anyway), they merely wander around the event's six amazing stages until they hear something they like, then wander on again when it changes to, well, glitchcore. Three of the stages (The Village, The Portal ►



and The Fractal Forest) are in a large, old growth forest area (with unbelievably trippy lighting) and play everything from sleepy down-tempo ambient to thundering hardcore and deep-and-dark-as-fuck drum and bass. There's a beach stage (The Living Room) that plays more trance and world music and is covered in scantily clad people during the hotter parts of the day. Bassnectar was one of the many artists who packed the beach—but he did it at five in the morning. There's also The Rock Pit, which plays a lot of hip-hop (The Mighty Underdogs had an amazing set), reggae, and well, rock, and The Pagoda, which is the main-stage and featured acts such as Skool of Thought, Meowmix and Feature-cast—in other words, a lot of house and techno. Music is everywhere and you'll notice even how you walk changes sporadically over the course of an hour.

There are technical considerations,

of course. It's in the middle of the mountains and it most definitely is camping. Bring swim-trunks for the day and a winter jacket for at night. Make sure your car is in good working order and double-check your oil filter before leaving as it gets pretty dusty in the parking lot. Bring cash because ATM lineups are long, don't expect your cell-phone to get a signal and bring more than blue-jeans for pants. Put everything in ziplock bags because the weather constantly changes from beautiful sunshine to light rain in the valley. But don't be afraid to make mistakes and be willing to ask for help when you do. Comfort is only an illusion and only one part of the human experience. But that all said, if you're smart enough to want to sleep at least a little bit, bring ear-plugs because if the loud music late into the night doesn't keep you up, the wave of cheers spontaneously generated every time someone yells "Shambhala!" will. ■



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The spring gardens of Spain

By Jay Generation

The sunny skies and mild climates of Spain are a grower's dream come true. Talented growers can grow outdoors for up to 10 months of the year. Mild temperatures along the coast keep it from freezing and it's possible to grow the same plant year after year with proper care. Spain isn't all warm and dry as westerners tend to think and there is a huge variety of climates within its interior, with the difference in moisture levels varying greatly from region to region.

On my travels through Spain, I am guided by a retired Dutch grower who has volunteered his time to take me around the Spanish countryside to see a few local gardens. It's around the end of April and the first harvests from a few balcony and terraced gardens are starting to come in. The clones were grown indoors under 400w lights until about 12 inches tall. They were then brought outside in mid-March and began flowering right away. The weather was mild at 15-20 degrees Celsius for March to April; one rainstorm blew the plants around but they pulled through without a problem. This grower's strain is called "Edelwiess", a Swiss clone brought with him for his personal breeding collection. He is currently in the process of breeding feminized seeds from this clone and they should be on the mar-

ket by September 2008.

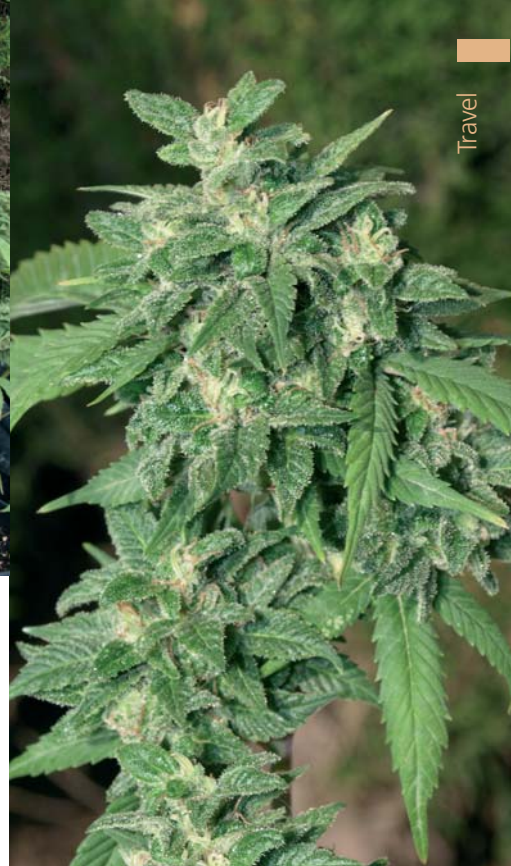
Spring also means outdoor planting time here, usually in May. I had the pleasure of going on several guerrilla growing expeditions deep in the Spanish mountains. The scenic drives where spectacular, as small twisty roads built back when Rome ruled the Mediterranean carried us around amazing vistas. Terraced hill-sides and ruins build by the Moors hundreds of years ago are everywhere. These long-since mostly-abandoned hills are perfect spots to grow a few plants. The main concern up here is watering. It regularly reaches over 40 degrees Celsius during the summer, so the plants grow fast if you can keep them very well watered.

Proper preparation of the soil at the grow location is essential if you don't want to be carrying water to





Springtime clone crop in small containers



your plants every couple days. Water sources are not as plentiful here as they are back in Canada so several methods are employed to conserve all the water possible. Grow beside small shrubs that help to shade the ground area from the direct sun and shelter the plants from the wind. Dig a large hole and place quality store-bought soil into it being covering the hole back up with the local soil in a way that will collect rain and direct it to the base of the plant. The rain-water will then quickly drain down into the soil pocket that is about a foot underground. Having the water run deeper underground to the roots will keep it away from the surface where it would evaporate much more quickly. The last step is to have a very thick layer of mulch to keep the ground as cool as possible. You can use many things for mulch; back in Canada, bark is the most common, while here they prefer palm tree shavings.

Growing in Spain has some positive and negative aspects. First off, there is a thriving cannabis culture here with over 400 grow shops across the country. The locals are quite relaxed about smoking but tend to keep it out of the direct public eye. Marijuana leaf emblems are displayed on cars all across the country and the locals have little fear about police harassment because of their private pot use. If you're a participating member of the community, personal

possession or growing is tolerated and not seen as a problem, but those caught trafficking or growing for production should watch out as Spanish prisons are famous for crude conditions and extremely slow processing. You may have to spend a very long time behind bars if you get caught by the wrong cop on a bad day. Enforcement varies greatly from region to region.

Canadian seeds have hit the scene in Spain and this upcoming season will see many of our genetics being sampled across Spain and Europe. Many of the growers and smokers are getting tired of the same Dutch genetics that have been sold to them over the past 20 years. The variety of flavour and unique genetics that come from Canada have found an accepting audience in Spain and many parts of Europe. The Dutch, however, have turned their nose to our seed as their own market gets more and more restricted by a bureaucratic right-wing government. Canadian breeders are seen as competition and the Dutch are not very welcoming to competition unless they benefit from it too.

After living in Holland for several months, I found it to be all about the money. They want you to come to Amsterdam for a few weeks and spend lots of it. The majority of the coffeeshop grass was over-fertilized, mass-produced shit. Most European

people mix with tobacco so they don't always notice the quality of the buds, just the potency of the high. As soon as you try to smoke a "pure" joint you can taste the stinging fertilizers on your lips as you light your same joint over and over again. If you want to avoid this problem in Amsterdam I suggest looking for coffeeshops in surrounding communities that cater to the local smokers. The tourist coffeeshops in the downtown area are great to walk around and see, but they defiantly don't make there money on repeat customers.

In Spain I found lovers of cannabis everywhere, likeminded cannabis growers and smokers excited to show me the samples of their breeding projects. Quality is more important than quantity here. People enjoyed indoor buds as well as outdoor bud, well grown or not. There's a great appreciation for all the bud you get and a great excitement with trying new seed varieties. The Spanish people want to learn how to improve their buds and enjoy the fruits of their labours while the Dutch just want to squeeze out another gram per watt. ■

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A San Francisco Wedding

by Eddy Lepp

As a minister, I often work with people for lots of problems, counseling, funerals, charity, etc. This week I performed my first wedding. It was held in San Francisco at City Hall, right next to the Harvey Milk statue.

With Harvey Milk as a witness I was incredibly honored to be able to join my two of my dearest friends, and long-time members of the Church. Tom and Steve had been married once before, but the courts overturned that law. Then the courts overturned THAT ruling, and well now we do it again.

Upon arrival we pass thru security, and enter City Hall, one of the most beautiful buildings in San Francisco. After visiting the clerk and getting the license, we proceed to the spot Tom and Steve chose to be married. This very special place at the top of the grand staircase is perfect. As I perform the ceremony I realize

just how special this is to them, to me, and to us. Yes us, for it is in the accepting of others that we change the world.

I was very proud and honored to be asked by Tom and Steve to be part of so special a day for them. And it was beautiful for us all.

If you are getting married, and are looking for a less traditional wedding, let me know.

Good luck to the boys, as they start this journey of a life together. They are joined at last. Joined as we should all be joined together, promising to make the world a better place for themselves and us all.

Respect All,
Hurt No One,
Love One Another,

Eddy Lepp



TODAY'S FRESH NEW VERSE

I GROW GREAT WEEDS

*Each spring I plant expensive seed
preparing for the garden show.
I fertilize and then proceed
to tend my plot with hose and hoe.
I watch the wild plants quickly breed
while my seedlings forget to grow.
I have this plan that might succeed;
Next spring, its weed seed I will sow
to harvest the eatables I need.*

G. Bosacker



flickr.com

PICKING ETIQUETTE

*You can pick a wife or a rose,
and then quite sensibly
the right card, your teeth or new clothes,
a guitar, a friend or your foes,
and often, quite privately
that icky stuff between your toes.
Pick garden weed that stubborn grows
and winning numbers I suppose
or your butt when no one knows
but mothers and teachers agree
it's never nice to pick your nose.*

G. Bosacker



GOD'S MESSENGER

*When the darkness of passing night
turned golden with the fresh new dawn,
I watched a single robin light
softly on my dew soaked lawn.*

*His voice trilled out across the way,
sweet music to my listening ear.
Bright promise of a perfect day
resounding in his song of cheer.*

*I feared this day when I arose,
surrender loomed as my intent.
Because of prayer to end my woes,
I thought that robin, Heaven sent?*



treknature.com

*Did my God send that bird to bring
his comfort with transcendent word?
When that Robin dropped there to sing,*

Was it God's answer that I heard?

G. Bosacker

NICKELODEONS

*Nickelodeons are how to hear,
old fashioned songs from yesterday
that we can still enjoy a lot.
No skill required, no fluffs to fear,
they are very simple to play,
just put a nickel in the slot.*

G. Bosacker



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Gerald Bosacker, poet and tale teller lives in Arkansas, retired from the corporate world where he was successfully employed, although miscast as Vice President of a large chemical company. He now does penance for his sins against the environment with his anti-war activism and poetry.

Gerald Bosacker studied journalism, but found success as a graphic arts salesman, which evolved through serendipity and pandering to his superiors, into a Vice Presidency of an international corporation, a role neither deserved or greatly appreciated. Early retirement, an unskilled and naive victim of corporate politics, provided opportunity for his first love of weaving words into meaningful poetry. Starting late, Bosacker churns out tons of poetry, and displays them pro-bono, hoping for acclamation or bare acceptance, while he is still mortal. See his prize winning poetry at www.bosackerbooks.com or at 124 Internet sites...

A SUDDEN SUMMER RAIN

*A needed surprise rain
concluded the drought,
that withered spring grain
and curled corn leaves,
turning pagans more devout.
This rain dancer believes
in thanking all of the Gods,
slighting none who might decree
that nimbus cloud tightwads
dump their water for me.*

G. Bosacker



proseofsharon.blogspot.com

Life

*Mother Nature is crying.
The earth is still frying.
Fact finders are prying.
Bush is still lying.
Everybody's still buying.
Time is just flying.
God is now dying.
The Pope is now sighing.
Life's lessons applying.
But, I'm still trying.*

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You Are

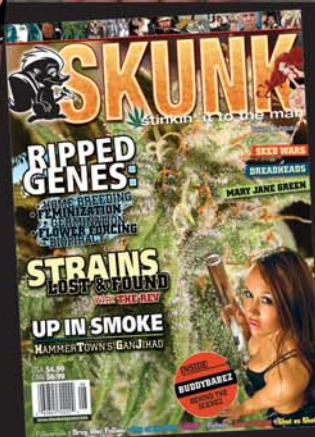
*You are alpha, that I may begin my journey.
You are the earth, that I stand so firmly upon.
The foundation, of life. You are the air, in every breath I take.
The forest, that houses all living things.
The water, provided for growth.
You are the sun, that provides warmth.
And light, that I might see.
You are the moon, that softens the darkness.
The stars, that watch over me. And without you, nothing exists.
You are everything, you are everywhere.
You are my heart, that I might feel love and sorrow.
My mind, that knows right from wrong.
My soul, slipping from light to darkness.
You are my will, that makes me strong.
My desire, to make things right.
My determination, that keeps me going.
You are every living thing, upon this living foundation.
You are my father, my creator, my hope.
You are God, at peace, in our heaven.
You are omega, that I may understand the IRNI.*

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How to make Canna-butter for Medical Marijuana cookies.

Article & Photos by: MzJill

Most of us are aware that marijuana has medicinal values.

Cannabis has been used for medicinal purposes for over 4800 years.

Marijuana provides symptomatic relief from a list of medical ailments, such as nausea and vomiting, appetite stimulation, promoting weight gain, pressure from glaucoma, reduces muscle spasms from spinal cord injuries and multiple sclerosis, and diminishes tremors in multiple sclerosis patients, it also provides relief from migraine headaches, depression, seizures, insomnia and chronic pain.

Tetrahydrocannabinol, also known as THC is the main psychoactive substance found in marijuana. THC receptors are found in animals, mammals, birds, fish, and reptiles.

There are two known types of cannabinoid receptors; CB1 and CB2. The CB1 receptors are mainly found in the brain, they are also found in both the male and female reproductive systems.

The CB1 receptors seem to be responsible for the euphoric and the anticonvulsive effects.

The CB2 receptors are mainly found in the immune system and are responsible for the anti-inflammatory effects.

Although many people desire the medicinal effects of marijuana, they are unable to smoke it, instead they must ingest their medicine.

When eaten marijuana can be a quite potent medicine that relieves deep and chronic pain.

Since THC is not a water-soluble compound, butter is a good carrier

substance for ingestion.

Cannabutter is a butter-based mixture, which has been infused with cannabinoids.

The high from cannabutter is a bit different than the high from the traditional method of smoking. The high from digesting marijuana comes on much slower and lasts much longer than the high from smoking.

Consuming marijuana by eating provides superior medicinal relief from pains and spasms.

Unlike taking prescription drugs for pain, eating cannabis still allows a person to have full function ability. Eating cannabis can sometimes cause nausea and may detour a person from consuming cannabis orally, but this side effect will diminish partially or completely as your body becomes accustomed to the intake of cannabinoids.

Cannabutter can be made using remains of the plant, which are normally thrown away after harvesting. However the most potent butter will come from using actual buds or bud leaves containing a significant amount of visible resin.

The higher quality ingredients you use, the more potent and flavorful your butter will be.

If you choose to use the leaf matter from your plants, it is important to allow the trim to dry fully to avoid the taste of chlorophyll in your final product.

I have been making cannabutter for approximately eight years now.

I have a marijuana patient, John whom previously took a variety of prescription medications; Oxy-

cotins, Wellbutrin, Zoloft and Viagra.

I had recently learned of the benefits of eating cannabis, so I made some cannabutter cookies and gave them to him.

Approximately eight years later, I still make canna-cookies for him, and canna-cookies are his only form of medication.

He no longer needs Oxycotins for his pain, or Zoloft & Wellbutrin for his mind, now he also has a happy sex life without the use of Viagra. John doesn't enjoy smoking marijuana, but he is happy to eat one canna-cookie a day.



MAKING CANNABIS COOKIES is normally a two-day process.

Day one consists of making the butter and day two is cookie-making day.

The process of making butter has an extremely strong smell, which can last for several hours after the process is complete.

The first step in making cannabutter is to assemble your ingredients and preparation tools.

The amount of butter and cannabis used can vary depending on how potent you want the final product to be.

I use four to six ounces of cannabis material and 1.25 cups of butter (5 sticks).

It is important to use real butter rather than margarine; butter will better set up after the process is complete.



You will need a large (Dutch Oven) stainless steel pot with a lid, a large stainless steel bowl, and a fine mesh metal strainer, and metal slotted spoons.

It is best to use stainless steel cookware and utensils rather than plastic because the product can be lost in porous plastic.

Fill your large pot almost full, enough that it will cover all of your cannabis material.

Put the butter in the water and allow it to come to a rapid boil.

Once the water is at a rapid boil, add the cannabis material, stir well and allow the mixture to return to a rapid boil.



Cover the pot, turn the burner to med and allow the mixture to boil for about an hour.

After an hour turn the burner off and leave the mixture to sit for another hour, leaving it covered. Be sure not to over boil or boil for too long, as it degrades the potency of the product.



Put a strainer over the large mixing bowl and carefully pour your mixture through the strainer. Be very careful not to get scalded by the hot liquid or the hot steam.

Don't rinse any of your cooking utensils until your process is complete, or you will waste THC. After pouring the mixture through the strainer your bowl will likely be full, so now put your strainer over the empty pot.



Push the excess liquid through the strainer with a large slotted spoon or smasher; set the smashed material aside. I use the lid from cooking or a small metal bowl.

Pour the liquid from the pot into the rest of the mixture in the bowl.



Place the strainer over the pot again and then hand squeeze the material (a handful at a time) through the strainer. The liquid will be very hot and you may think about bypassing this process, but don't, thick rubber cooking gloves may be helpful. There is a lot of valuable medicine trapped in the material that you will lose if you skip this process. It is important to do this process while the material is still hot so that the butter doesn't set up in the material and become lost. Now restrain your material back into the pot.



Double check your large bowl to ensure it doesn't have any material particles present, then place your strainer back over the bowl and pour your liquid back through once more. Tightly cover your bowl full of butter with aluminum foil, be sure you cover extra tight so that your whole fridge won't smell of cannabutter, refrigerate over night.



After sitting over night your mixture will have separated.

The butter containing the THC will harden on top, the waste will remain in the liquid below. Prepare a bowl (slightly larger than your strainer) with several paper towels folded up inside. Place a metal strainer over the paper towels.

Use a metal slotted spoon to scrape the butter off of the liquid, and then place the butter in the strainer.



Pour out the wastewater; it will look very dirty and full of sediment. Leave the butter to sit for approximately thirty minutes, to allow the excess water to drain and evaporate.

If you plan on making cookies right away you can set your strainer on top of a clean plate and set it in the refrigerator for approximately fifteen minutes to harden back up some.

If you don't plan on immediately using the butter it can be placed into a freezer bag or freezer safe container and refrigerated for short-term storage or frozen for long-term storage.



When you are ready to make your canna-cookies, you will use your cannabutter in the same manner that you would use regular butter. Preferably use a recipe that calls for butter rather than oil.

I like to use Betty Crocker cookie mixes, as they are simple. The Chocolate Chip and the Sugar Cookie mixes both have proven to work very well.

When using the Sugar Cookie mix I like to add a few drops of vanilla and lemon extract for added flavor.

Bake the cookies as per the package directions.

The cookies will keep best frozen in a freezer safe container or freezer bag.



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CARRIE'S CANNABIS HONEY GINGERBREAD

Honey gingerbread cookies (420 pot leaf cutouts)

Ingredients

These gingerbread cookies include a generous amount of honey, which gives them a pale golden colour and sweet flavor. Makes 86-87 pc

5 1/2 cups flour, plus more for dusting
 1 teaspoon baking soda
 1 1/2 teaspoons salt
 4 teaspoons ground ginger
 4 teaspoons ground cinnamon
 1 1/2 teaspoons ground cloves
 ? teaspoon ground pepper
 1 teaspoon fresh nutmeg
 Sativa Cannabis butter 227 grams
 Honey oil (medicine amounts depending)
 1 cup granulated sugar
 2 large eggs
 1 cup honey
 1/2 cup molasses

- 1. Whisk together dry goods in medium bowl.
- 2. Beat butter and sugar with a mixer on medium-high speed until fluffy. Add eggs one at a time. Beat in honey and molasses. Reduce speed to low. Gradually add flour mixture, beat until just combined. Divide dough into 3 portions and wrap in plastic. Refrigerate for 1 hour.
- 3. Pre heat oven to 350. Generously flour surface, roll 1/4 in. thick. Brush off excess flour, cut into desired shapes, place on parchment-lined baking sheets and freeze for 15 mins.
- 4. Bake cookies for 12-14 mins



BLUEBERRY-BLEBERRY MUFFINS

(makes 1 dz large muffins)

Ingredients

1 cup sifted fine ground blueberry leaf
2 1/2 cup all purpose flour
1 tbsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 cup butter softened (150 ml)
1 cup sugar
1 tbsp vanilla
2 large eggs
1 1/2 cup blueberry yogurt
1 tbsp grated lemon zest
1 1/2 cups wild frozen blueberries (thaw and remove juice)



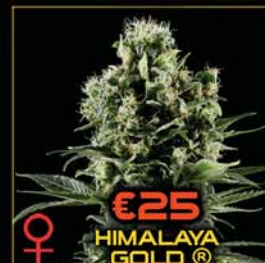
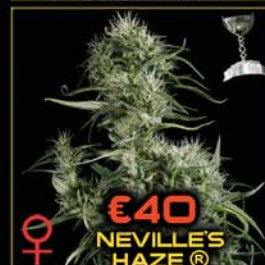
- Make sure the rack is in middle of oven.
- Preheat oven to 375 f. 300 for convection oven. • •
- Whisk first 4 ingredients, set aside.
- In large bowl mix cream butter and sugar together, beating until fluffy.
- Add 1 egg at a time.
- Beat in lemon zest and vanilla.
- Add 1/2 dry ingredients until mixed. Beat in 1/3 yogurt.
- Add remaining dry ingredients and then yogurt.
- Do not over beat. Fold in berries.
- Coat muffin cups lightly with oil or line with papers.
- Bake until golden brown around the rims, 25 mins, 37 mins for convection.



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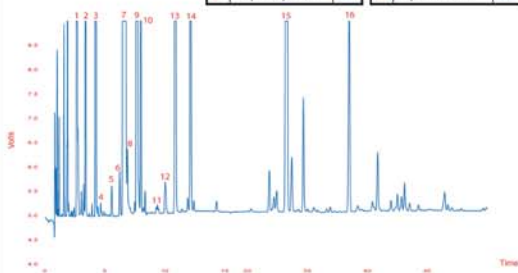


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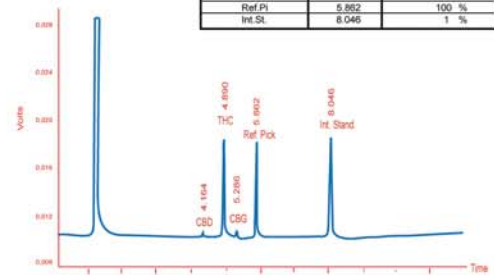
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6	alpha-phellandrene	6.24	14	alpha-terpinolene	12.16
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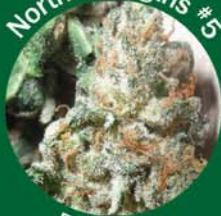
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